



1. SPORTident Winter-Stundenlaufserie mit Musik (1. Lauf)

Arnstadt / 31.01.2024

□□□□

Gerd Hantsche

□□: USV Jena

□□: 50

□□: 0.35 km/□□

Stundenlauf

□□□□:

Senioren M65 (65-69)

□□□: 58:07

□□: 9.29 km/h

□□□□: 6:23 min/km

□: 26 (9.1 km)

□□□□□/□: 40 (of 44)

□□□□□: 1(of 2)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	0.35	2:13	6:20	2	0:01	43	0:59	0.35	2:13	6:20	2	0:01	43	0:59
□□ 2	0.35	2:09	6:08	1	-	42	0:48	0.70	4:22	6:14	1	-	42	1:47
□□ 3	0.35	2:11	6:14	1	-	41	0:50	1.05	6:33	6:14	1	-	41	2:36
□□ 4	0.35	2:14	6:22	1	-	41	0:53	1.40	8:47	6:16	1	-	41	3:29
□□ 5	0.35	2:13	6:20	1	-	41	0:51	1.75	11:00	6:17	1	-	41	4:20
□□ 6	0.35	2:12	6:17	1	-	40	0:49	2.10	13:12	6:17	1	-	41	5:09
□□ 7	0.35	2:12	6:17	1	-	39	0:50	2.45	15:24	6:17	1	-	40	5:59
□□ 8	0.35	2:12	6:17	1	-	40	0:49	2.80	17:36	6:17	1	-	40	6:47
□□ 9	0.35	2:14	6:22	1	-	40	0:53	3.15	19:50	6:17	1	-	40	7:36
□□ 10	0.35	2:14	6:22	1	-	41	0:52	3.50	22:04	6:18	1	-	40	8:26
□□ 11	0.35	2:14	6:22	1	-	40	0:51	3.85	24:18	6:18	1	-	40	9:16
□□ 12	0.35	2:14	6:22	1	-	40	0:53	4.20	26:32	6:19	1	-	40	10:07
□□ 13	0.35	2:15	6:25	1	-	40	0:54	4.55	28:47	6:19	1	-	40	10:59
□□ 14	0.35	2:15	6:25	1	-	40	0:54	4.90	31:02	6:20	1	-	40	11:52
□□ 15	0.35	2:16	6:28	1	-	40	0:54	5.25	33:18	6:20	1	-	40	12:46
□□ 16	0.35	2:16	6:28	1	-	39	0:54	5.60	35:34	6:21	1	-	40	13:39
□□ 17	0.35	2:15	6:25	1	-	38	0:52	5.95	37:49	6:21	1	-	40	14:31
□□ 18	0.35	2:17	6:31	1	-	39	0:53	6.30	40:06	6:21	1	-	40	15:23
□□ 19	0.35	2:15	6:25	1	-	40	0:53	6.65	42:21	6:22	1	-	40	16:15
□□ 20	0.35	2:16	6:28	1	-	40	0:56	7.00	44:37	6:22	1	-	40	17:10
□□ 21	0.35	2:18	6:34	1	-	40	0:56	7.35	46:55	6:22	1	-	40	18:06
□□ 22	0.35	2:16	6:28	1	-	38	0:53	7.70	49:11	6:23	1	-	40	18:59
□□ 23	0.35	2:14	6:22	1	-	38	0:52	8.05	51:25	6:23	1	-	40	19:51
□□ 24	0.35	2:16	6:28	1	-	39	0:55	8.40	53:41	6:23	1	-	40	20:46
□□ 25	0.35	2:16	6:28	1	-	40	0:56	8.75	55:57	6:23	1	-	40	21:42
□□ 26	0.35	2:10	6:11	1	-	40	0:49	9.10	58:07	6:23	1	-	40	22:31