



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

Arnstadt / 31.01.2024

0000

Gerd Hantsche

00: USV Jena

00: 50

00: 0.35 km/00

Stundenlauf

0000:

Senioren M65 (65-69)

000: 58:07

00: 9.29 km/h

0000: 6:23 min/km

0: 26 (9.1 km)

00000/0: 40 (of 44)

00000: 1(of 2)

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 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
00 2	0.35	2:09	6:08	1	-	42	0:48	0.70	4:22	6:14	1	-	42	1:47
00 3	0.35	2:11	6:14	1	-	41	0:50	1.05	6:33	6:14	1	-	41	2:36
00 4	0.35	2:14	6:22	1	-	41	0:53	1.40	8:47	6:16	1	-	41	3:29
00 5	0.35	2:13	6:20	1	-	41	0:51	1.75	11:00	6:17	1	-	41	4:20
00 6	0.35	2:12	6:17	1	-	40	0:49	2.10	13:12	6:17	1	-	41	5:09
00 7	0.35	2:12	6:17	1	-	39	0:50	2.45	15:24	6:17	1	-	40	5:59
00 8	0.35	2:12	6:17	1	-	40	0:49	2.80	17:36	6:17	1	-	40	6:47
00 9	0.35	2:14	6:22	1	-	40	0:53	3.15	19:50	6:17	1	-	40	7:36
00 10	0.35	2:14	6:22	1	-	41	0:52	3.50	22:04	6:18	1	-	40	8:26
00 11	0.35	2:14	6:22	1	-	40	0:51	3.85	24:18	6:18	1	-	40	9:16
00 12	0.35	2:14	6:22	1	-	40	0:53	4.20	26:32	6:19	1	-	40	10:07
00 13	0.35	2:15	6:25	1	-	40	0:54	4.55	28:47	6:19	1	-	40	10:59
00 14	0.35	2:15	6:25	1	-	40	0:54	4.90	31:02	6:20	1	-	40	11:52
00 15	0.35	2:16	6:28	1	-	40	0:54	5.25	33:18	6:20	1	-	40	12:46
00 16	0.35	2:16	6:28	1	-	39	0:54	5.60	35:34	6:21	1	-	40	13:39
00 17	0.35	2:15	6:25	1	-	38	0:52	5.95	37:49	6:21	1	-	40	14:31
00 18	0.35	2:17	6:31	1	-	39	0:53	6.30	40:06	6:21	1	-	40	15:23
00 19	0.35	2:15	6:25	1	-	40	0:53	6.65	42:21	6:22	1	-	40	16:15
00 20	0.35	2:16	6:28	1	-	40	0:56	7.00	44:37	6:22	1	-	40	17:10
00 21	0.35	2:18	6:34	1	-	40	0:56	7.35	46:55	6:22	1	-	40	18:06
00 22	0.35	2:16	6:28	1	-	38	0:53	7.70	49:11	6:23	1	-	40	18:59
00 23	0.35	2:14	6:22	1	-	38	0:52	8.05	51:25	6:23	1	-	40	19:51
00 24	0.35	2:16	6:28	1	-	39	0:55	8.40	53:41	6:23	1	-	40	20:46
00 25	0.35	2:16	6:28	1	-	40	0:56	8.75	55:57	6:23	1	-	40	21:42
00 26	0.35	2:10	6:11	1	-	40	0:49	9.10	58:07	6:23	1	-	40	22:31