



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

Arnstadt / 31.01.2024

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Hartmut Wächter

00: SG Motor Arnstadt

00: 75

00: 0.35 km/00

Stundenlauf

0000:

Senioren M70 (70-74)

000: 59:07

00: 12.18 km/h

0000: 4:49 min/km

0: 35 (12.25 km)

00000/0: 10 (of 44)

00000: 1(of 1)

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
00 1	0.35	1:37	4:37	1	-	8	0:23	0.35	1:37	4:37	1	-	8	0:23
00 2	0.35	1:33	4:25	1	-	9	0:12	0.70	3:10	4:31	1	-	8	0:35
00 3	0.35	1:38	4:40	1	-	13	0:17	1.05	4:48	4:34	1	-	9	0:51
00 4	0.35	1:36	4:34	1	-	9	0:15	1.40	6:24	4:34	1	-	9	1:06
00 5	0.35	1:39	4:42	1	-	12	0:17	1.75	8:03	4:36	1	-	10	1:23
00 6	0.35	1:39	4:42	1	-	10	0:16	2.10	9:42	4:37	1	-	11	1:39
00 7	0.35	1:41	4:48	1	-	12	0:19	2.45	11:23	4:38	1	-	11	1:58
00 8	0.35	1:39	4:42	1	-	11	0:16	2.80	13:02	4:39	1	-	11	2:13
00 9	0.35	1:40	4:45	1	-	10	0:19	3.15	14:42	4:40	1	-	11	2:28
00 10	0.35	1:40	4:45	1	-	10	0:18	3.50	16:22	4:40	1	-	11	2:44
00 11	0.35	1:42	4:51	1	-	14	0:19	3.85	18:04	4:41	1	-	12	3:02
00 12	0.35	1:40	4:45	1	-	12	0:19	4.20	19:44	4:41	1	-	12	3:19
00 13	0.35	1:41	4:48	1	-	12	0:20	4.55	21:25	4:42	1	-	12	3:37
00 14	0.35	1:41	4:48	1	-	10	0:20	4.90	23:06	4:42	1	-	12	3:56
00 15	0.35	1:44	4:57	1	-	12	0:22	5.25	24:50	4:43	1	-	12	4:18
00 16	0.35	1:42	4:51	1	-	10	0:20	5.60	26:32	4:44	1	-	12	4:37
00 17	0.35	1:44	4:57	1	-	11	0:21	5.95	28:16	4:45	1	-	12	4:58
00 18	0.35	1:43	4:54	1	-	10	0:19	6.30	29:59	4:45	1	-	12	5:16
00 19	0.35	1:43	4:54	1	-	11	0:21	6.65	31:42	4:46	1	-	11	5:36
00 20	0.35	1:44	4:57	1	-	11	0:24	7.00	33:26	4:46	1	-	11	5:59
00 21	0.35	1:43	4:54	1	-	10	0:21	7.35	35:09	4:46	1	-	10	6:20
00 22	0.35	1:40	4:45	1	-	10	0:17	7.70	36:49	4:46	1	-	10	6:37
00 23	0.35	1:42	4:51	1	-	10	0:20	8.05	38:31	4:47	1	-	10	6:57
00 24	0.35	1:44	4:57	1	-	12	0:23	8.40	40:15	4:47	1	-	10	7:20
00 25	0.35	1:44	4:57	1	-	12	0:24	8.75	41:59	4:47	1	-	10	7:44
00 26	0.35	1:42	4:51	1	-	12	0:21	9.10	43:41	4:48	1	-	10	8:05
00 27	0.35	1:45	5:00	1	-	13	0:24	9.45	45:26	4:48	1	-	10	8:29
00 28	0.35	1:44	4:57	1	-	13	0:22	9.80	47:10	4:48	1	-	10	8:51
00 29	0.35	1:44	4:57	1	-	13	0:22	10.15	48:54	4:49	1	-	10	9:13
00 30	0.35	1:45	5:00	1	-	16	0:24	10.50	50:39	4:49	1	-	10	9:37



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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 31	0.35	1:43	4:54	1	-	14	0:21	10.85	52:22	4:49	1	-	10	9:58
00 32	0.35	1:41	4:48	1	-	15	0:21	11.20	54:03	4:49	1	-	10	10:19
00 33	0.35	1:42	4:51	1	-	16	0:20	11.55	55:45	4:49	1	-	10	10:39
00 34	0.35	1:42	4:51	1	-	14	0:20	11.90	57:27	4:49	1	-	10	10:59
00 35	0.35	1:40	4:45	1	-	11	0:18	12.25	59:07	4:49	1	-	10	11:17