



# 1. SPORTident Winter-Stundenlaufserie mit Musik (2. Lauf)

Arnstadt / 21.02.2024

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Markus Stöhr

000: 59:29

00: 74

00: 14.12 km/h

00: 0.35 km

0000: 4:14 min/km

Stundenlauf

0: 40 (14 km)

0000:

00000/0: 3 (of 39)

Senioren M35 (35-39)

00000: 1(of 5)

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
00 1	0.35	1:28	4:11	1	-	5	0:19	0.35	1:28	4:11	1	-	5	0:19
00 2	0.35	1:29	4:14	2	0:01	6	0:16	0.70	2:57	4:12	1	-	5	0:35
00 3	0.35	1:23	3:57	1	-	3	0:06	1.05	4:20	4:07	1	-	3	0:41
00 4	0.35	1:25	4:02	1	-	3	0:09	1.40	5:45	4:06	1	-	3	0:50
00 5	0.35	1:29	4:14	1	-	3	0:10	1.75	7:14	4:08	1	-	3	1:00
00 6	0.35	1:28	4:11	1	-	3	0:08	2.10	8:42	4:08	1	-	3	1:08
00 7	0.35	1:26	4:05	1	-	2	0:06	2.45	10:08	4:08	1	-	3	1:14
00 8	0.35	1:25	4:02	1	-	2	0:04	2.80	11:33	4:07	1	-	3	1:18
00 9	0.35	1:26	4:05	1	-	2	0:04	3.15	12:59	4:07	1	-	3	1:22
00 10	0.35	1:28	4:11	1	-	3	0:06	3.50	14:27	4:07	1	-	3	1:28
00 11	0.35	1:35	4:31	1	-	7	0:13	3.85	16:02	4:09	1	-	3	1:41
00 12	0.35	1:31	4:19	1	-	3	0:07	4.20	17:33	4:10	1	-	3	1:48
00 13	0.35	1:28	4:11	1	-	3	0:06	4.55	19:01	4:10	1	-	3	1:54
00 14	0.35	1:29	4:14	1	-	3	0:05	4.90	20:30	4:11	1	-	3	1:59
00 15	0.35	1:28	4:11	1	-	3	0:06	5.25	21:58	4:11	1	-	3	2:05
00 16	0.35	1:30	4:17	1	-	3	0:06	5.60	23:28	4:11	1	-	3	2:11
00 17	0.35	1:31	4:19	1	-	3	0:08	5.95	24:59	4:11	1	-	3	2:19
00 18	0.35	1:34	4:28	1	-	3	0:10	6.30	26:33	4:12	1	-	3	2:29
00 19	0.35	1:28	4:11	1	-	3	0:04	6.65	28:01	4:12	1	-	3	2:33
00 20	0.35	1:30	4:17	1	-	3	0:06	7.00	29:31	4:13	1	-	3	2:39
00 21	0.35	1:29	4:14	1	-	2	0:06	7.35	31:00	4:13	1	-	3	2:45
00 22	0.35	1:28	4:11	1	-	3	0:04	7.70	32:28	4:12	1	-	3	2:49
00 23	0.35	1:30	4:17	1	-	3	0:07	8.05	33:58	4:13	1	-	3	2:56
00 24	0.35	1:31	4:19	1	-	3	0:08	8.40	35:29	4:13	1	-	3	3:04
00 25	0.35	1:31	4:19	1	-	3	0:08	8.75	37:00	4:13	1	-	3	3:12
00 26	0.35	1:30	4:17	1	-	3	0:07	9.10	38:30	4:13	1	-	3	3:19
00 27	0.35	1:30	4:17	1	-	3	0:07	9.45	40:00	4:13	1	-	3	3:26
00 28	0.35	1:34	4:28	1	-	3	0:10	9.80	41:34	4:14	1	-	3	3:36
00 29	0.35	1:35	4:31	1	-	5	0:12	10.15	43:09	4:15	1	-	3	3:48
00 30	0.35	1:37	4:37	2	0:01	7	0:13	10.50	44:46	4:15	1	-	3	4:01



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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	1:35	4:31	1	-	5	0:10	10.85	46:21	4:16	1	-	3	4:11
00 32	0.35	1:31	4:19	1	-	3	0:07	11.20	47:52	4:16	1	-	3	4:18
00 33	0.35	1:30	4:17	1	-	3	0:06	11.55	49:22	4:16	1	-	3	4:24
00 34	0.35	1:27	4:08	1	-	3	0:03	11.90	50:49	4:16	1	-	3	4:27
00 35	0.35	1:30	4:17	1	-	4	0:07	12.25	52:19	4:16	1	-	3	4:34
00 36	0.35	1:29	4:14	1	-	4	0:06	12.60	53:48	4:16	1	-	3	4:40
00 37	0.35	1:28	4:11	1	-	3	0:04	12.95	55:16	4:16	1	-	3	4:44
00 38	0.35	1:26	4:05	1	-	2	0:04	13.30	56:42	4:15	1	-	3	4:48
00 39	0.35	1:22	3:54	1	-	1	-	13.65	58:04	4:15	1	-	3	4:48
00 40	0.35	1:25	4:02	1	-	3	0:04	14.00	59:29	4:14	1	-	3	4:52