



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

Arnstadt / 21.02.2024

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Johannes Bähr

00: Traktor Rehestädt

00: 41

00: 0.35 km/00

Stundenlauf

0000:

Senioren M35 (35-39)

000: 59:37

00: 13.03 km/h

0000: 4:36 min/km

0: 37 (12.95 km)

00000/0: 7 (of 39)

00000: 2(of 5)

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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	1:31	4:19	3	0:03	7	0:22	0.35	1:31	4:19	3	0:03	7	0:22
00 2	0.35	1:31	4:19	3	0:03	8	0:18	0.70	3:02	4:19	3	0:05	8	0:40
00 3	0.35	1:32	4:22	3	0:09	8	0:15	1.05	4:34	4:20	3	0:14	8	0:55
00 4	0.35	1:34	4:28	3	0:09	10	0:18	1.40	6:08	4:22	3	0:23	7	1:13
00 5	0.35	1:34	4:28	3	0:05	10	0:15	1.75	7:42	4:24	3	0:28	7	1:28
00 6	0.35	1:35	4:31	3	0:07	9	0:15	2.10	9:17	4:25	3	0:35	8	1:43
00 7	0.35	1:36	4:34	3	0:10	10	0:16	2.45	10:53	4:26	3	0:45	8	1:59
00 8	0.35	1:38	4:40	3	0:13	12	0:17	2.80	12:31	4:28	3	0:58	8	2:16
00 9	0.35	1:37	4:37	3	0:11	10	0:15	3.15	14:08	4:29	3	1:09	8	2:31
00 10	0.35	1:37	4:37	3	0:09	9	0:15	3.50	15:45	4:30	3	1:18	8	2:46
00 11	0.35	1:39	4:42	3	0:04	11	0:17	3.85	17:24	4:31	3	1:22	8	3:03
00 12	0.35	1:37	4:37	3	0:06	8	0:13	4.20	19:01	4:31	3	1:28	9	3:16
00 13	0.35	1:37	4:37	2	0:09	7	0:15	4.55	20:38	4:32	3	1:37	9	3:31
00 14	0.35	1:40	4:45	3	0:11	12	0:16	4.90	22:18	4:33	3	1:48	10	3:47
00 15	0.35	1:37	4:37	2	0:09	7	0:15	5.25	23:55	4:33	3	1:57	10	4:02
00 16	0.35	1:38	4:40	3	0:08	8	0:14	5.60	25:33	4:33	3	2:05	10	4:16
00 17	0.35	1:39	4:42	3	0:08	8	0:16	5.95	27:12	4:34	3	2:13	10	4:32
00 18	0.35	1:37	4:37	2	0:03	6	0:13	6.30	28:49	4:34	3	2:16	10	4:45
00 19	0.35	1:39	4:42	3	0:11	8	0:15	6.65	30:28	4:34	3	2:27	9	5:00
00 20	0.35	1:37	4:37	2	0:07	6	0:13	7.00	32:05	4:35	3	2:34	9	5:13
00 21	0.35	1:37	4:37	2	0:08	6	0:14	7.35	33:42	4:35	3	2:42	9	5:27
00 22	0.35	1:36	4:34	2	0:08	5	0:12	7.70	35:18	4:35	3	2:50	9	5:39
00 23	0.35	1:37	4:37	2	0:07	6	0:14	8.05	36:55	4:35	3	2:57	9	5:53
00 24	0.35	1:36	4:34	2	0:05	6	0:13	8.40	38:31	4:35	3	3:02	9	6:06
00 25	0.35	1:38	4:40	2	0:07	6	0:15	8.75	40:09	4:35	3	3:09	8	6:21
00 26	0.35	1:36	4:34	2	0:06	6	0:13	9.10	41:45	4:35	3	3:15	8	6:34
00 27	0.35	1:40	4:45	3	0:10	9	0:17	9.45	43:25	4:35	3	3:25	8	6:51
00 28	0.35	1:38	4:40	2	0:04	7	0:14	9.80	45:03	4:35	3	3:29	8	7:05
00 29	0.35	1:37	4:37	2	0:02	6	0:14	10.15	46:40	4:35	2	3:31	7	7:19
00 30	0.35	1:36	4:34	1	-	5	0:12	10.50	48:16	4:35	2	3:30	7	7:31



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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	1:37	4:37	2	0:02	7	0:12	10.85	49:53	4:35	2	3:32	7	7:43
00 32	0.35	1:37	4:37	2	0:06	6	0:13	11.20	51:30	4:35	2	3:38	7	7:56
00 33	0.35	1:37	4:37	2	0:07	6	0:13	11.55	53:07	4:35	2	3:45	7	8:09
00 34	0.35	1:38	4:40	3	0:11	8	0:14	11.90	54:45	4:36	2	3:56	7	8:23
00 35	0.35	1:39	4:42	2	0:09	9	0:16	12.25	56:24	4:36	2	4:05	7	8:39
00 36	0.35	1:35	4:31	2	0:06	5	0:12	12.60	57:59	4:36	2	4:11	7	8:51
00 37	0.35	1:38	4:40	3	0:10	8	0:14	12.95	59:37	4:36	2	4:21	7	9:05