



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

Arnstadt / 21.02.2024

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Sven Reißland

000: 59:57

00: 67

00: 12.01 km/h

00: 0.35 km/00

0000: 4:37 min/km

Stundenlauf

00: 37 (12.95 km)

0000:

00000/00: 8 (of 39)

Senioren M35 (35-39)

00000: 3(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	1:30	4:17	2	0:02	6	0:21	0.35	1:30	4:17	2	0:02	6	0:21
00 2	0.35	1:28	4:11	1	-	5	0:15	0.70	2:58	4:14	2	0:01	6	0:36
00 3	0.35	1:29	4:14	2	0:06	5	0:12	1.05	4:27	4:14	2	0:07	5	0:48
00 4	0.35	1:29	4:14	2	0:04	4	0:13	1.40	5:56	4:14	2	0:11	5	1:01
00 5	0.35	1:32	4:22	2	0:03	7	0:13	1.75	7:28	4:15	2	0:14	6	1:14
00 6	0.35	1:32	4:22	2	0:04	5	0:12	2.10	9:00	4:17	2	0:18	6	1:26
00 7	0.35	1:30	4:17	2	0:04	5	0:10	2.45	10:30	4:17	2	0:22	5	1:36
00 8	0.35	1:34	4:28	2	0:09	5	0:13	2.80	12:04	4:18	2	0:31	5	1:49
00 9	0.35	1:34	4:28	2	0:08	6	0:12	3.15	13:38	4:19	2	0:39	5	2:01
00 10	0.35	1:35	4:31	2	0:07	8	0:13	3.50	15:13	4:20	2	0:46	5	2:14
00 11	0.35	1:36	4:34	2	0:01	8	0:14	3.85	16:49	4:22	2	0:47	5	2:28
00 12	0.35	1:36	4:34	2	0:05	7	0:12	4.20	18:25	4:23	2	0:52	5	2:40
00 13	0.35	1:39	4:42	3	0:11	13	0:17	4.55	20:04	4:24	2	1:03	5	2:57
00 14	0.35	1:39	4:42	2	0:10	9	0:15	4.90	21:43	4:25	2	1:13	5	3:12
00 15	0.35	1:39	4:42	3	0:11	8	0:17	5.25	23:22	4:27	2	1:24	5	3:29
00 16	0.35	1:37	4:37	2	0:07	5	0:13	5.60	24:59	4:27	2	1:31	5	3:42
00 17	0.35	1:38	4:40	2	0:07	6	0:15	5.95	26:37	4:28	2	1:38	5	3:57
00 18	0.35	1:41	4:48	3	0:07	10	0:17	6.30	28:18	4:29	2	1:45	5	4:14
00 19	0.35	1:38	4:40	2	0:10	7	0:14	6.65	29:56	4:30	2	1:55	5	4:28
00 20	0.35	1:40	4:45	3	0:10	10	0:16	7.00	31:36	4:30	2	2:05	6	4:44
00 21	0.35	1:38	4:40	3	0:09	8	0:15	7.35	33:14	4:31	2	2:14	6	4:59
00 22	0.35	1:41	4:48	3	0:13	9	0:17	7.70	34:55	4:32	2	2:27	6	5:16
00 23	0.35	1:41	4:48	3	0:11	10	0:18	8.05	36:36	4:32	2	2:38	6	5:34
00 24	0.35	1:43	4:54	3	0:12	13	0:20	8.40	38:19	4:33	2	2:50	6	5:54
00 25	0.35	1:41	4:48	3	0:10	8	0:18	8.75	40:00	4:34	2	3:00	6	6:12
00 26	0.35	1:40	4:45	3	0:10	8	0:17	9.10	41:40	4:34	2	3:10	6	6:29
00 27	0.35	1:38	4:40	2	0:08	6	0:15	9.45	43:18	4:34	2	3:18	6	6:44
00 28	0.35	1:41	4:48	3	0:07	10	0:17	9.80	44:59	4:35	2	3:25	7	7:01
00 29	0.35	1:41	4:48	3	0:06	9	0:18	10.15	46:40	4:35	2	3:31	7	7:19
00 30	0.35	1:40	4:45	3	0:04	9	0:16	10.50	48:20	4:36	3	3:34	8	7:35



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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	1:39	4:42	3	0:04	10	0:14	10.85	49:59	4:36	3	3:38	8	7:49
00 32	0.35	1:41	4:48	3	0:10	9	0:17	11.20	51:40	4:36	3	3:48	8	8:06
00 33	0.35	1:42	4:51	3	0:12	9	0:18	11.55	53:22	4:37	3	4:00	8	8:24
00 34	0.35	1:37	4:37	2	0:10	7	0:13	11.90	54:59	4:37	3	4:10	8	8:37
00 35	0.35	1:44	4:57	3	0:14	15	0:21	12.25	56:43	4:37	3	4:24	8	8:58
00 36	0.35	1:44	4:57	3	0:15	10	0:21	12.60	58:27	4:38	3	4:39	8	9:19
00 37	0.35	1:30	4:17	2	0:02	4	0:06	12.95	59:57	4:37	3	4:41	8	9:25