



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

Arnstadt / 21.02.2024

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Rico Bechmann

00: VfB Torpedo Ichtershausen

00: 45

00: 0.35 km/00

Stundenlauf

0000:

Senioren M40 (40-44)

000: 59:57

00: 15.41 km/h

0000: 3:53 min/km

0: 44 (15.4 km)

00000/0: 1 (of 39)

00000: 1(of 7)

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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	1:09	3:17	1	-	1	-	0.35	1:09	3:17	1	-	1	-
00 2	0.35	1:13	3:28	1	-	1	-	0.70	2:22	3:22	1	-	1	-
00 3	0.35	1:17	3:40	1	-	1	-	1.05	3:39	3:28	1	-	1	-
00 4	0.35	1:16	3:37	1	-	1	-	1.40	4:55	3:30	1	-	1	-
00 5	0.35	1:19	3:45	1	-	1	-	1.75	6:14	3:33	1	-	1	-
00 6	0.35	1:20	3:48	1	-	1	-	2.10	7:34	3:36	1	-	1	-
00 7	0.35	1:20	3:48	1	-	1	-	2.45	8:54	3:37	1	-	1	-
00 8	0.35	1:21	3:51	1	-	1	-	2.80	10:15	3:39	1	-	1	-
00 9	0.35	1:22	3:54	1	-	1	-	3.15	11:37	3:41	1	-	1	-
00 10	0.35	1:22	3:54	1	-	1	-	3.50	12:59	3:42	1	-	1	-
00 11	0.35	1:22	3:54	1	-	1	-	3.85	14:21	3:43	1	-	1	-
00 12	0.35	1:24	4:00	1	-	1	-	4.20	15:45	3:45	1	-	1	-
00 13	0.35	1:22	3:54	1	-	1	-	4.55	17:07	3:45	1	-	1	-
00 14	0.35	1:24	4:00	1	-	1	-	4.90	18:31	3:46	1	-	1	-
00 15	0.35	1:22	3:54	1	-	1	-	5.25	19:53	3:47	1	-	1	-
00 16	0.35	1:24	4:00	1	-	1	-	5.60	21:17	3:48	1	-	1	-
00 17	0.35	1:23	3:57	1	-	1	-	5.95	22:40	3:48	1	-	1	-
00 18	0.35	1:24	4:00	1	-	1	-	6.30	24:04	3:49	1	-	1	-
00 19	0.35	1:24	4:00	1	-	1	-	6.65	25:28	3:49	1	-	1	-
00 20	0.35	1:24	4:00	1	-	1	-	7.00	26:52	3:50	1	-	1	-
00 21	0.35	1:23	3:57	1	-	1	-	7.35	28:15	3:50	1	-	1	-
00 22	0.35	1:24	4:00	1	-	1	-	7.70	29:39	3:51	1	-	1	-
00 23	0.35	1:23	3:57	1	-	1	-	8.05	31:02	3:51	1	-	1	-
00 24	0.35	1:23	3:57	1	-	1	-	8.40	32:25	3:51	1	-	1	-
00 25	0.35	1:23	3:57	1	-	1	-	8.75	33:48	3:51	1	-	1	-
00 26	0.35	1:23	3:57	1	-	1	-	9.10	35:11	3:51	1	-	1	-
00 27	0.35	1:23	3:57	1	-	1	-	9.45	36:34	3:52	1	-	1	-
00 28	0.35	1:24	4:00	1	-	1	-	9.80	37:58	3:52	1	-	1	-
00 29	0.35	1:23	3:57	1	-	1	-	10.15	39:21	3:52	1	-	1	-
00 30	0.35	1:24	4:00	1	-	1	-	10.50	40:45	3:52	1	-	1	-



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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	1:25	4:02	1	-	1	-	10.85	42:10	3:53	1	-	1	-
00 32	0.35	1:24	4:00	1	-	1	-	11.20	43:34	3:53	1	-	1	-
00 33	0.35	1:24	4:00	1	-	1	-	11.55	44:58	3:53	1	-	1	-
00 34	0.35	1:24	4:00	1	-	1	-	11.90	46:22	3:53	1	-	1	-
00 35	0.35	1:23	3:57	1	-	1	-	12.25	47:45	3:53	1	-	1	-
00 36	0.35	1:23	3:57	1	-	1	-	12.60	49:08	3:53	1	-	1	-
00 37	0.35	1:24	4:00	1	-	1	-	12.95	50:32	3:54	1	-	1	-
00 38	0.35	1:22	3:54	1	-	1	-	13.30	51:54	3:54	1	-	1	-
00 39	0.35	1:22	3:54	1	-	1	-	13.65	53:16	3:54	1	-	1	-
00 40	0.35	1:21	3:51	1	-	1	-	14.00	54:37	3:54	1	-	1	-
00 41	0.35	1:22	3:54	1	-	1	-	14.35	55:59	3:54	1	-	1	-
00 42	0.35	1:21	3:51	1	-	2	0:06	14.70	57:20	3:54	1	-	1	-
00 43	0.35	1:20	3:48	1	-	1	-	15.05	58:40	3:53	1	-	1	-
00 44	0.35	1:17	3:40	1	-	1	-	15.40	59:57	3:53	1	-	1	-