



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

Arnstadt / 21.02.2024

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Marcel Köpke

000: 59:15

00: 60

00: 13.47 km/h

00: 0.35 km

0000: 4:27 min/km

Stundenlauf

0: 38 (13.3 km)

0000:

00000/0: 5 (of 39)

Senioren M40 (40-44)

00000: 2(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	1:53	5:22	6	0:44	30	0:44	0.35	1:53	5:22	6	0:44	30	0:44
00 2	0.35	1:35	4:31	3	0:22	13	0:22	0.70	3:28	4:57	5	1:06	23	1:06
00 3	0.35	1:34	4:28	3	0:17	12	0:17	1.05	5:02	4:47	4	1:23	19	1:23
00 4	0.35	1:34	4:28	3	0:18	10	0:18	1.40	6:36	4:42	3	1:41	17	1:41
00 5	0.35	1:30	4:17	3	0:11	5	0:11	1.75	8:06	4:37	3	1:52	15	1:52
00 6	0.35	1:33	4:25	2	0:13	6	0:13	2.10	9:39	4:35	3	2:05	11	2:05
00 7	0.35	1:32	4:22	2	0:12	6	0:12	2.45	11:11	4:33	3	2:17	11	2:17
00 8	0.35	1:34	4:28	2	0:13	5	0:13	2.80	12:45	4:33	3	2:30	9	2:30
00 9	0.35	1:33	4:25	2	0:11	5	0:11	3.15	14:18	4:32	3	2:41	9	2:41
00 10	0.35	1:33	4:25	2	0:11	5	0:11	3.50	15:51	4:31	3	2:52	9	2:52
00 11	0.35	1:33	4:25	2	0:11	4	0:11	3.85	17:24	4:31	3	3:03	8	3:03
00 12	0.35	1:34	4:28	2	0:10	6	0:10	4.20	18:58	4:30	3	3:13	8	3:13
00 13	0.35	1:32	4:22	2	0:10	4	0:10	4.55	20:30	4:30	2	3:23	7	3:23
00 14	0.35	1:31	4:19	2	0:07	4	0:07	4.90	22:01	4:29	2	3:30	7	3:30
00 15	0.35	1:35	4:31	2	0:13	5	0:13	5.25	23:36	4:29	2	3:43	7	3:43
00 16	0.35	1:37	4:37	2	0:13	5	0:13	5.60	25:13	4:30	2	3:56	7	3:56
00 17	0.35	1:35	4:31	2	0:12	5	0:12	5.95	26:48	4:30	2	4:08	6	4:08
00 18	0.35	1:34	4:28	2	0:10	3	0:10	6.30	28:22	4:30	2	4:18	6	4:18
00 19	0.35	1:36	4:34	2	0:12	5	0:12	6.65	29:58	4:30	2	4:30	6	4:30
00 20	0.35	1:34	4:28	2	0:10	5	0:10	7.00	31:32	4:30	2	4:40	5	4:40
00 21	0.35	1:36	4:34	2	0:13	5	0:13	7.35	33:08	4:30	2	4:53	5	4:53
00 22	0.35	1:36	4:34	2	0:12	5	0:12	7.70	34:44	4:30	2	5:05	5	5:05
00 23	0.35	1:34	4:28	2	0:11	5	0:11	8.05	36:18	4:30	2	5:16	5	5:16
00 24	0.35	1:32	4:22	2	0:09	4	0:09	8.40	37:50	4:30	2	5:25	5	5:25
00 25	0.35	1:34	4:28	2	0:11	4	0:11	8.75	39:24	4:30	2	5:36	5	5:36
00 26	0.35	1:33	4:25	2	0:10	4	0:10	9.10	40:57	4:30	2	5:46	5	5:46
00 27	0.35	1:32	4:22	2	0:09	4	0:09	9.45	42:29	4:29	2	5:55	5	5:55
00 28	0.35	1:35	4:31	2	0:11	5	0:11	9.80	44:04	4:29	2	6:06	5	6:06
00 29	0.35	1:34	4:28	2	0:11	3	0:11	10.15	45:38	4:29	2	6:17	5	6:17
00 30	0.35	1:34	4:28	2	0:10	3	0:10	10.50	47:12	4:29	2	6:27	5	6:27



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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	1:32	4:22	2	0:07	3	0:07	10.85	48:44	4:29	2	6:34	5	6:34
00 32	0.35	1:32	4:22	2	0:08	4	0:08	11.20	50:16	4:29	2	6:42	5	6:42
00 33	0.35	1:31	4:19	2	0:07	4	0:07	11.55	51:47	4:29	2	6:49	5	6:49
00 34	0.35	1:34	4:28	2	0:10	4	0:10	11.90	53:21	4:28	2	6:59	5	6:59
00 35	0.35	1:29	4:14	2	0:06	3	0:06	12.25	54:50	4:28	2	7:05	5	7:05
00 36	0.35	1:23	3:57	1	-	1	-	12.60	56:13	4:27	2	7:05	5	7:05
00 37	0.35	1:31	4:19	2	0:07	5	0:07	12.95	57:44	4:27	2	7:12	5	7:12
00 38	0.35	1:31	4:19	2	0:09	4	0:09	13.30	59:15	4:27	2	7:21	5	7:21