



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

Arnstadt / 21.02.2024

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Tom Brück

00: Langstrecke Arnstadt

00: 49

00: 0.35 km/00

Stundenlauf

0000:

Senioren M40 (40-44)

000: 59:38

00: 12.68 km/h

0000: 4:43 min/km

0: 36 (12.6 km)

00000/0: 10 (of 39)

00000: 3(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	1:37	4:37	2	0:28	12	0:28	0.35	1:37	4:37	2	0:28	12	0:28
00 2	0.35	1:32	4:22	2	0:19	10	0:19	0.70	3:09	4:30	2	0:47	10	0:47
00 3	0.35	1:32	4:22	2	0:15	8	0:15	1.05	4:41	4:27	2	1:02	10	1:02
00 4	0.35	1:33	4:25	2	0:17	7	0:17	1.40	6:14	4:27	2	1:19	9	1:19
00 5	0.35	1:29	4:14	2	0:10	3	0:10	1.75	7:43	4:24	2	1:29	8	1:29
00 6	0.35	1:33	4:25	2	0:13	6	0:13	2.10	9:16	4:24	2	1:42	7	1:42
00 7	0.35	1:33	4:25	3	0:13	7	0:13	2.45	10:49	4:24	2	1:55	7	1:55
00 8	0.35	1:36	4:34	3	0:15	8	0:15	2.80	12:25	4:26	2	2:10	7	2:10
00 9	0.35	1:36	4:34	3	0:14	9	0:14	3.15	14:01	4:26	2	2:24	7	2:24
00 10	0.35	1:37	4:37	3	0:15	9	0:15	3.50	15:38	4:28	2	2:39	7	2:39
00 11	0.35	1:37	4:37	3	0:15	9	0:15	3.85	17:15	4:28	2	2:54	7	2:54
00 12	0.35	1:38	4:40	3	0:14	9	0:14	4.20	18:53	4:29	2	3:08	7	3:08
00 13	0.35	1:37	4:37	3	0:15	7	0:15	4.55	20:30	4:30	2	3:23	7	3:23
00 14	0.35	1:38	4:40	3	0:14	7	0:14	4.90	22:08	4:31	3	3:37	8	3:37
00 15	0.35	1:41	4:48	3	0:19	11	0:19	5.25	23:49	4:32	3	3:56	8	3:56
00 16	0.35	1:39	4:42	3	0:15	9	0:15	5.60	25:28	4:32	3	4:11	9	4:11
00 17	0.35	1:39	4:42	3	0:16	8	0:16	5.95	27:07	4:33	3	4:27	9	4:27
00 18	0.35	1:41	4:48	3	0:17	10	0:17	6.30	28:48	4:34	3	4:44	9	4:44
00 19	0.35	1:40	4:45	3	0:16	9	0:16	6.65	30:28	4:34	3	5:00	9	5:00
00 20	0.35	1:38	4:40	3	0:14	7	0:14	7.00	32:06	4:35	3	5:14	10	5:14
00 21	0.35	1:39	4:42	3	0:16	9	0:16	7.35	33:45	4:35	3	5:30	10	5:30
00 22	0.35	1:40	4:45	3	0:16	8	0:16	7.70	35:25	4:35	3	5:46	10	5:46
00 23	0.35	1:40	4:45	3	0:17	9	0:17	8.05	37:05	4:36	3	6:03	10	6:03
00 24	0.35	1:40	4:45	3	0:17	9	0:17	8.40	38:45	4:36	3	6:20	10	6:20
00 25	0.35	1:42	4:51	3	0:19	10	0:19	8.75	40:27	4:37	3	6:39	10	6:39
00 26	0.35	1:45	5:00	3	0:22	14	0:22	9.10	42:12	4:38	3	7:01	10	7:01
00 27	0.35	1:45	5:00	3	0:22	14	0:22	9.45	43:57	4:39	3	7:23	10	7:23
00 28	0.35	1:48	5:08	3	0:24	17	0:24	9.80	45:45	4:40	3	7:47	10	7:47
00 29	0.35	1:47	5:05	3	0:24	16	0:24	10.15	47:32	4:40	3	8:11	10	8:11
00 30	0.35	1:45	5:00	3	0:21	15	0:21	10.50	49:17	4:41	3	8:32	10	8:32



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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	1:43	4:54	3	0:18	13	0:18	10.85	51:00	4:42	3	8:50	10	8:50
00 32	0.35	1:44	4:57	3	0:20	13	0:20	11.20	52:44	4:42	3	9:10	10	9:10
00 33	0.35	1:46	5:02	4	0:22	19	0:22	11.55	54:30	4:43	3	9:32	10	9:32
00 34	0.35	1:44	4:57	4	0:20	14	0:20	11.90	56:14	4:43	3	9:52	10	9:52
00 35	0.35	1:43	4:54	3	0:20	13	0:20	12.25	57:57	4:43	3	10:12	10	10:12
00 36	0.35	1:41	4:48	3	0:18	9	0:18	12.60	59:38	4:43	3	10:30	10	10:30