



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

Arnstadt / 21.02.2024

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Sebastian Ernemann

000: 59:03

00: Kirmesverein Wüllersleben

00: 11.38 km/h

00: 50

0000: 5:16 min/km

00: 0.35 km/00

0: 32 (11.2 km)

Stundenlauf

00000/0: 26 (of 39)

0000:

00000: 6(of 7)

Senioren M40 (40-44)

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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	1:52	5:20	5	0:43	28	0:43	0.35	1:52	5:20	5	0:43	28	0:43
00 2	0.35	1:42	4:51	5	0:29	25	0:29	0.70	3:34	5:05	6	1:12	27	1:12
00 3	0.35	1:43	4:54	6	0:26	26	0:26	1.05	5:17	5:01	6	1:38	27	1:38
00 4	0.35	1:49	5:11	6	0:33	27	0:33	1.40	7:06	5:04	6	2:11	27	2:11
00 5	0.35	1:50	5:14	6	0:31	27	0:31	1.75	8:56	5:06	6	2:42	26	2:42
00 6	0.35	1:50	5:14	7	0:30	28	0:30	2.10	10:46	5:07	6	3:12	26	3:12
00 7	0.35	1:45	5:00	5	0:25	23	0:25	2.45	12:31	5:06	6	3:37	26	3:37
00 8	0.35	1:48	5:08	6	0:27	25	0:27	2.80	14:19	5:06	6	4:04	26	4:04
00 9	0.35	1:47	5:05	5	0:25	23	0:25	3.15	16:06	5:06	6	4:29	26	4:29
00 10	0.35	1:50	5:14	6	0:28	26	0:28	3.50	17:56	5:07	6	4:57	26	4:57
00 11	0.35	1:52	5:20	7	0:30	29	0:30	3.85	19:48	5:08	6	5:27	26	5:27
00 12	0.35	1:54	5:25	7	0:30	31	0:30	4.20	21:42	5:10	6	5:57	26	5:57
00 13	0.35	1:51	5:17	6	0:29	27	0:29	4.55	23:33	5:10	6	6:26	26	6:26
00 14	0.35	1:53	5:22	6	0:29	28	0:29	4.90	25:26	5:11	6	6:55	27	6:55
00 15	0.35	1:55	5:28	6	0:33	28	0:33	5.25	27:21	5:12	6	7:28	28	7:28
00 16	0.35	1:53	5:22	6	0:29	28	0:29	5.60	29:14	5:13	6	7:57	28	7:57
00 17	0.35	1:51	5:17	5	0:28	26	0:28	5.95	31:05	5:13	6	8:25	28	8:25
00 18	0.35	1:52	5:20	6	0:28	28	0:28	6.30	32:57	5:13	6	8:53	28	8:53
00 19	0.35	1:53	5:22	6	0:29	27	0:29	6.65	34:50	5:14	6	9:22	27	9:22
00 20	0.35	1:54	5:25	6	0:30	27	0:30	7.00	36:44	5:14	6	9:52	27	9:52
00 21	0.35	1:55	5:28	6	0:32	28	0:32	7.35	38:39	5:15	6	10:24	27	10:24
00 22	0.35	1:52	5:20	6	0:28	26	0:28	7.70	40:31	5:15	6	10:52	27	10:52
00 23	0.35	1:55	5:28	6	0:32	28	0:32	8.05	42:26	5:16	6	11:24	27	11:24
00 24	0.35	1:53	5:22	6	0:30	24	0:30	8.40	44:19	5:16	6	11:54	27	11:54
00 25	0.35	1:56	5:31	6	0:33	29	0:33	8.75	46:15	5:17	6	12:27	26	12:27
00 26	0.35	1:51	5:17	5	0:28	23	0:28	9.10	48:06	5:17	6	12:55	26	12:55
00 27	0.35	1:50	5:14	5	0:27	22	0:27	9.45	49:56	5:17	6	13:22	26	13:22
00 28	0.35	1:48	5:08	3	0:24	17	0:24	9.80	51:44	5:16	6	13:46	26	13:46
00 29	0.35	1:49	5:11	4	0:26	20	0:26	10.15	53:33	5:16	6	14:12	26	14:12
00 30	0.35	1:52	5:20	5	0:28	26	0:28	10.50	55:25	5:16	6	14:40	26	14:40



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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	1:50	5:14	5	0:25	28	0:25	10.85	57:15	5:16	6	15:05	26	15:05
00 32	0.35	1:48	5:08	4	0:24	21	0:24	11.20	59:03	5:16	6	15:29	26	15:29