



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

Arnstadt / 21.02.2024

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Norbert Furch

00: Die Bügeleisenbande

00: 51

00: 0.35 km/00

Stundenlauf

0000:

Senioren M40 (40-44)

000: 59:45

00: 10.90 km/h

0000: 5:30 min/km

0: 31 (10.85 km)

00000/0: 33 (of 39)

00000: 7(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	1:54	5:25	7	0:45	31	0:45	0.35	1:54	5:25	7	0:45	31	0:45
00 2	0.35	1:44	4:57	6	0:31	27	0:31	0.70	3:38	5:11	7	1:16	31	1:16
00 3	0.35	1:47	5:05	7	0:30	30	0:30	1.05	5:25	5:09	7	1:46	31	1:46
00 4	0.35	1:51	5:17	7	0:35	32	0:35	1.40	7:16	5:11	7	2:21	31	2:21
00 5	0.35	1:50	5:14	6	0:31	27	0:31	1.75	9:06	5:12	7	2:52	31	2:52
00 6	0.35	1:49	5:11	6	0:29	27	0:29	2.10	10:55	5:11	7	3:21	31	3:21
00 7	0.35	1:49	5:11	7	0:29	28	0:29	2.45	12:44	5:11	7	3:50	31	3:50
00 8	0.35	1:48	5:08	6	0:27	25	0:27	2.80	14:32	5:11	7	4:17	30	4:17
00 9	0.35	1:49	5:11	7	0:27	28	0:27	3.15	16:21	5:11	7	4:44	30	4:44
00 10	0.35	1:51	5:17	7	0:29	29	0:29	3.50	18:12	5:12	7	5:13	30	5:13
00 11	0.35	1:51	5:17	6	0:29	27	0:29	3.85	20:03	5:12	7	5:42	30	5:42
00 12	0.35	1:53	5:22	6	0:29	30	0:29	4.20	21:56	5:13	7	6:11	30	6:11
00 13	0.35	1:56	5:31	7	0:34	32	0:34	4.55	23:52	5:14	7	6:45	30	6:45
00 14	0.35	1:58	5:37	7	0:34	32	0:34	4.90	25:50	5:16	7	7:19	30	7:19
00 15	0.35	1:58	5:37	7	0:36	32	0:36	5.25	27:48	5:17	7	7:55	30	7:55
00 16	0.35	2:00	5:42	7	0:36	33	0:36	5.60	29:48	5:19	7	8:31	30	8:31
00 17	0.35	2:01	5:45	7	0:38	34	0:38	5.95	31:49	5:20	7	9:09	30	9:09
00 18	0.35	1:59	5:40	7	0:35	33	0:35	6.30	33:48	5:21	7	9:44	30	9:44
00 19	0.35	2:00	5:42	7	0:36	33	0:36	6.65	35:48	5:23	7	10:20	30	10:20
00 20	0.35	2:00	5:42	7	0:36	33	0:36	7.00	37:48	5:23	7	10:56	30	10:56
00 21	0.35	2:00	5:42	7	0:37	34	0:37	7.35	39:48	5:24	7	11:33	30	11:33
00 22	0.35	2:00	5:42	7	0:36	31	0:36	7.70	41:48	5:25	7	12:09	30	12:09
00 23	0.35	2:00	5:42	7	0:37	33	0:37	8.05	43:48	5:26	7	12:46	30	12:46
00 24	0.35	2:03	5:51	7	0:40	34	0:40	8.40	45:51	5:27	7	13:26	30	13:26
00 25	0.35	2:02	5:48	7	0:39	33	0:39	8.75	47:53	5:28	7	14:05	31	14:05
00 26	0.35	2:03	5:51	7	0:40	34	0:40	9.10	49:56	5:29	7	14:45	32	14:45
00 27	0.35	1:59	5:40	7	0:36	34	0:36	9.45	51:55	5:29	7	15:21	33	15:21
00 28	0.35	2:00	5:42	7	0:36	34	0:36	9.80	53:55	5:30	7	15:57	33	15:57
00 29	0.35	2:00	5:42	7	0:37	34	0:37	10.15	55:55	5:30	7	16:34	33	16:34
00 30	0.35	1:59	5:40	7	0:35	34	0:35	10.50	57:54	5:30	7	17:09	33	17:09



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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	1:51	5:17	6	0:26	29	0:26	10.85	59:45	5:30	7	17:35	33	17:35