



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

Arnstadt / 21.02.2024

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Henrik Stutzig

000: 58:38

00: 75

00: 13.61 km/h

00: 0.35 km/00

0000: 4:24 min/km

Stundenlauf

0: 38 (13.3 km)

0000:

00000/0: 4 (of 39)

Senioren M45 (45-49)

00000: 1(of 5)

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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	1:33	4:25	1	-	8	0:24	0.35	1:33	4:25	1	-	8	0:24
00 2	0.35	1:27	4:08	1	-	3	0:14	0.70	3:00	4:17	1	-	7	0:38
00 3	0.35	1:27	4:08	1	-	4	0:10	1.05	4:27	4:14	1	-	5	0:48
00 4	0.35	1:29	4:14	1	-	4	0:13	1.40	5:56	4:14	1	-	5	1:01
00 5	0.35	1:30	4:17	1	-	5	0:11	1.75	7:26	4:14	1	-	4	1:12
00 6	0.35	1:31	4:19	1	-	4	0:11	2.10	8:57	4:15	1	-	4	1:23
00 7	0.35	1:29	4:14	1	-	4	0:09	2.45	10:26	4:15	1	-	4	1:32
00 8	0.35	1:32	4:22	1	-	4	0:11	2.80	11:58	4:16	1	-	4	1:43
00 9	0.35	1:31	4:19	1	-	4	0:09	3.15	13:29	4:16	1	-	4	1:52
00 10	0.35	1:31	4:19	1	-	4	0:09	3.50	15:00	4:17	1	-	4	2:01
00 11	0.35	1:31	4:19	1	-	3	0:09	3.85	16:31	4:17	1	-	4	2:10
00 12	0.35	1:32	4:22	1	-	4	0:08	4.20	18:03	4:17	1	-	4	2:18
00 13	0.35	1:32	4:22	1	-	4	0:10	4.55	19:35	4:18	1	-	4	2:28
00 14	0.35	1:32	4:22	1	-	5	0:08	4.90	21:07	4:18	1	-	4	2:36
00 15	0.35	1:31	4:19	1	-	4	0:09	5.25	22:38	4:18	1	-	4	2:45
00 16	0.35	1:31	4:19	1	-	4	0:07	5.60	24:09	4:18	1	-	4	2:52
00 17	0.35	1:34	4:28	1	-	4	0:11	5.95	25:43	4:19	1	-	4	3:03
00 18	0.35	1:34	4:28	1	-	3	0:10	6.30	27:17	4:19	1	-	4	3:13
00 19	0.35	1:33	4:25	1	-	4	0:09	6.65	28:50	4:20	1	-	4	3:22
00 20	0.35	1:32	4:22	1	-	4	0:08	7.00	30:22	4:20	1	-	4	3:30
00 21	0.35	1:33	4:25	1	-	4	0:10	7.35	31:55	4:20	1	-	4	3:40
00 22	0.35	1:33	4:25	1	-	4	0:09	7.70	33:28	4:20	1	-	4	3:49
00 23	0.35	1:33	4:25	1	-	4	0:10	8.05	35:01	4:20	1	-	4	3:59
00 24	0.35	1:35	4:31	1	-	5	0:12	8.40	36:36	4:21	1	-	4	4:11
00 25	0.35	1:34	4:28	1	-	4	0:11	8.75	38:10	4:21	1	-	4	4:22
00 26	0.35	1:36	4:34	1	-	6	0:13	9.10	39:46	4:22	1	-	4	4:35
00 27	0.35	1:34	4:28	1	-	5	0:11	9.45	41:20	4:22	1	-	4	4:46
00 28	0.35	1:34	4:28	1	-	3	0:10	9.80	42:54	4:22	1	-	4	4:56
00 29	0.35	1:34	4:28	1	-	3	0:11	10.15	44:28	4:22	1	-	4	5:07
00 30	0.35	1:35	4:31	1	-	4	0:11	10.50	46:03	4:23	1	-	4	5:18



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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	1:34	4:28	1	-	4	0:09	10.85	47:37	4:23	1	-	4	5:27
00 32	0.35	1:34	4:28	1	-	5	0:10	11.20	49:11	4:23	1	-	4	5:37
00 33	0.35	1:33	4:25	1	-	5	0:09	11.55	50:44	4:23	1	-	4	5:46
00 34	0.35	1:35	4:31	1	-	5	0:11	11.90	52:19	4:23	1	-	4	5:57
00 35	0.35	1:34	4:28	1	-	6	0:11	12.25	53:53	4:23	1	-	4	6:08
00 36	0.35	1:35	4:31	1	-	5	0:12	12.60	55:28	4:24	1	-	4	6:20
00 37	0.35	1:34	4:28	1	-	6	0:10	12.95	57:02	4:24	1	-	4	6:30
00 38	0.35	1:36	4:34	1	-	5	0:14	13.30	58:38	4:24	1	-	4	6:44