



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

Arnstadt / 21.02.2024

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Marcus Quester

00: Trailrunning-Crew Thüringen

00: 66

00: 0.35 km/00

Stundenlauf

0000:

Senioren M45 (45-49)

000: 59:00

00: 12.46 km/h

0000: 4:48 min/km

0: 35 (12.25 km)

00000/0: 12 (of 39)

00000: 2(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	1:40	4:45	3	0:07	13	0:31	0.35	1:40	4:45	3	0:07	13	0:31
00 2	0.35	1:36	4:34	2	0:09	15	0:23	0.70	3:16	4:40	3	0:16	14	0:54
00 3	0.35	1:35	4:31	2	0:08	14	0:18	1.05	4:51	4:37	2	0:24	14	1:12
00 4	0.35	1:36	4:34	2	0:07	13	0:20	1.40	6:27	4:36	2	0:31	13	1:32
00 5	0.35	1:36	4:34	2	0:06	11	0:17	1.75	8:03	4:36	2	0:37	13	1:49
00 6	0.35	1:40	4:45	2	0:09	14	0:20	2.10	9:43	4:37	2	0:46	15	2:09
00 7	0.35	1:40	4:45	2	0:11	16	0:20	2.45	11:23	4:38	2	0:57	15	2:29
00 8	0.35	1:40	4:45	2	0:08	16	0:19	2.80	13:03	4:39	2	1:05	15	2:48
00 9	0.35	1:40	4:45	2	0:09	15	0:18	3.15	14:43	4:40	2	1:14	15	3:06
00 10	0.35	1:42	4:51	2	0:11	16	0:20	3.50	16:25	4:41	2	1:25	15	3:26
00 11	0.35	1:40	4:45	2	0:09	12	0:18	3.85	18:05	4:41	2	1:34	15	3:44
00 12	0.35	1:40	4:45	2	0:08	13	0:16	4.20	19:45	4:42	2	1:42	15	4:00
00 13	0.35	1:40	4:45	2	0:08	14	0:18	4.55	21:25	4:42	2	1:50	15	4:18
00 14	0.35	1:43	4:54	2	0:11	16	0:19	4.90	23:08	4:43	2	2:01	15	4:37
00 15	0.35	1:43	4:54	2	0:12	14	0:21	5.25	24:51	4:44	2	2:13	15	4:58
00 16	0.35	1:42	4:51	2	0:11	14	0:18	5.60	26:33	4:44	2	2:24	15	5:16
00 17	0.35	1:44	4:57	2	0:10	18	0:21	5.95	28:17	4:45	2	2:34	15	5:37
00 18	0.35	1:43	4:54	2	0:09	12	0:19	6.30	30:00	4:45	2	2:43	15	5:56
00 19	0.35	1:43	4:54	2	0:10	14	0:19	6.65	31:43	4:46	2	2:53	15	6:15
00 20	0.35	1:43	4:54	2	0:11	14	0:19	7.00	33:26	4:46	2	3:04	14	6:34
00 21	0.35	1:42	4:51	2	0:09	12	0:19	7.35	35:08	4:46	2	3:13	14	6:53
00 22	0.35	1:42	4:51	2	0:09	10	0:18	7.70	36:50	4:47	2	3:22	14	7:11
00 23	0.35	1:42	4:51	2	0:09	11	0:19	8.05	38:32	4:47	2	3:31	14	7:30
00 24	0.35	1:40	4:45	2	0:05	9	0:17	8.40	40:12	4:47	2	3:36	14	7:47
00 25	0.35	1:42	4:51	2	0:08	10	0:19	8.75	41:54	4:47	2	3:44	14	8:06
00 26	0.35	1:43	4:54	2	0:07	13	0:20	9.10	43:37	4:47	2	3:51	13	8:26
00 27	0.35	1:43	4:54	2	0:09	11	0:20	9.45	45:20	4:47	2	4:00	12	8:46
00 28	0.35	1:40	4:45	2	0:06	9	0:16	9.80	47:00	4:47	2	4:06	12	9:02
00 29	0.35	1:41	4:48	2	0:07	9	0:18	10.15	48:41	4:47	2	4:13	12	9:20
00 30	0.35	1:43	4:54	2	0:08	11	0:19	10.50	50:24	4:47	2	4:21	12	9:39



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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	1:44	4:57	3	0:10	17	0:19	10.85	52:08	4:48	2	4:31	12	9:58
00 32	0.35	1:46	5:02	2	0:12	17	0:22	11.20	53:54	4:48	2	4:43	12	10:20
00 33	0.35	1:45	5:00	2	0:12	17	0:21	11.55	55:39	4:49	2	4:55	12	10:41
00 34	0.35	1:42	4:51	2	0:07	12	0:18	11.90	57:21	4:49	2	5:02	12	10:59
00 35	0.35	1:39	4:42	2	0:05	9	0:16	12.25	59:00	4:48	2	5:07	12	11:15