



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

Arnstadt / 21.02.2024

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Norman Winkler

00: Laufladen Erfurt OCR Team

00: 85

00: 0.35 km/00

Stundenlauf

0000:

Senioren M45 (45-49)

000: 58:42

00: 11.24 km/h

0000: 5:04 min/km

0: 33 (11.55 km)

00000/0: 19 (of 39)

00000: 3(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	1:36	4:34	2	0:03	11	0:27	0.35	1:36	4:34	2	0:03	11	0:27
00 2	0.35	1:39	4:42	3	0:12	20	0:26	0.70	3:15	4:38	2	0:15	13	0:53
00 3	0.35	1:41	4:48	3	0:14	20	0:24	1.05	4:56	4:41	3	0:29	15	1:17
00 4	0.35	1:43	4:54	3	0:14	22	0:27	1.40	6:39	4:45	3	0:43	18	1:44
00 5	0.35	1:41	4:48	3	0:11	18	0:22	1.75	8:20	4:45	3	0:54	18	2:06
00 6	0.35	1:44	4:57	5	0:13	25	0:24	2.10	10:04	4:47	3	1:07	18	2:30
00 7	0.35	1:41	4:48	3	0:12	17	0:21	2.45	11:45	4:47	3	1:19	18	2:51
00 8	0.35	1:44	4:57	3	0:12	19	0:23	2.80	13:29	4:48	3	1:31	18	3:14
00 9	0.35	1:46	5:02	3	0:15	21	0:24	3.15	15:15	4:50	3	1:46	19	3:38
00 10	0.35	1:45	5:00	3	0:14	19	0:23	3.50	17:00	4:51	3	2:00	19	4:01
00 11	0.35	1:48	5:08	4	0:17	21	0:26	3.85	18:48	4:52	3	2:17	19	4:27
00 12	0.35	1:46	5:02	3	0:14	21	0:22	4.20	20:34	4:53	3	2:31	20	4:49
00 13	0.35	1:47	5:05	3	0:15	21	0:25	4.55	22:21	4:54	3	2:46	20	5:14
00 14	0.35	1:47	5:05	3	0:15	20	0:23	4.90	24:08	4:55	3	3:01	20	5:37
00 15	0.35	1:48	5:08	3	0:17	22	0:26	5.25	25:56	4:56	3	3:18	20	6:03
00 16	0.35	1:48	5:08	3	0:17	21	0:24	5.60	27:44	4:57	3	3:35	20	6:27
00 17	0.35	1:46	5:02	3	0:12	19	0:23	5.95	29:30	4:57	3	3:47	20	6:50
00 18	0.35	1:49	5:11	3	0:15	21	0:25	6.30	31:19	4:58	3	4:02	20	7:15
00 19	0.35	1:48	5:08	3	0:15	21	0:24	6.65	33:07	4:58	3	4:17	20	7:39
00 20	0.35	1:48	5:08	3	0:16	20	0:24	7.00	34:55	4:59	3	4:33	20	8:03
00 21	0.35	1:50	5:14	3	0:17	21	0:27	7.35	36:45	5:00	3	4:50	20	8:30
00 22	0.35	1:49	5:11	3	0:16	21	0:25	7.70	38:34	5:00	3	5:06	20	8:55
00 23	0.35	1:50	5:14	3	0:17	22	0:27	8.05	40:24	5:01	3	5:23	20	9:22
00 24	0.35	1:53	5:22	3	0:18	24	0:30	8.40	42:17	5:02	3	5:41	20	9:52
00 25	0.35	1:50	5:14	3	0:16	22	0:27	8.75	44:07	5:02	3	5:57	20	10:19
00 26	0.35	1:51	5:17	3	0:15	23	0:28	9.10	45:58	5:03	3	6:12	20	10:47
00 27	0.35	1:52	5:20	3	0:18	24	0:29	9.45	47:50	5:03	3	6:30	20	11:16
00 28	0.35	1:51	5:17	3	0:17	24	0:27	9.80	49:41	5:04	3	6:47	20	11:43
00 29	0.35	1:50	5:14	3	0:16	22	0:27	10.15	51:31	5:04	3	7:03	20	12:10
00 30	0.35	1:49	5:11	3	0:14	23	0:25	10.50	53:20	5:04	3	7:17	20	12:35



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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	1:48	5:08	4	0:14	24	0:23	10.85	55:08	5:04	3	7:31	19	12:58
00 32	0.35	1:47	5:05	3	0:13	18	0:23	11.20	56:55	5:04	3	7:44	19	13:21
00 33	0.35	1:47	5:05	3	0:14	20	0:23	11.55	58:42	5:04	3	7:58	19	13:44