



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

Arnstadt / 21.02.2024

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Carsten Klütsch

00: RSV Adler Arnstadt

00: 58

00: 0.35 km/00

Stundenlauf

0000:

Senioren M45 (45-49)

000: 58:22

00: 11.31 km/h

0000: 5:12 min/km

0: 32 (11.2 km)

00000/0: 24 (of 39)

00000: 4(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	1:49	5:11	5	0:16	23	0:40	0.35	1:49	5:11	5	0:16	23	0:40
00 2	0.35	1:39	4:42	3	0:12	20	0:26	0.70	3:28	4:57	4	0:28	23	1:06
00 3	0.35	1:42	4:51	4	0:15	23	0:25	1.05	5:10	4:55	4	0:43	24	1:31
00 4	0.35	1:45	5:00	5	0:16	24	0:29	1.40	6:55	4:56	4	0:59	23	2:00
00 5	0.35	1:43	4:54	4	0:13	23	0:24	1.75	8:38	4:55	4	1:12	22	2:24
00 6	0.35	1:42	4:51	3	0:11	19	0:22	2.10	10:20	4:55	4	1:23	22	2:46
00 7	0.35	1:43	4:54	4	0:14	22	0:23	2.45	12:03	4:55	4	1:37	22	3:09
00 8	0.35	1:45	5:00	4	0:13	22	0:24	2.80	13:48	4:55	4	1:50	22	3:33
00 9	0.35	1:46	5:02	3	0:15	21	0:24	3.15	15:34	4:56	4	2:05	22	3:57
00 10	0.35	1:47	5:05	4	0:16	23	0:25	3.50	17:21	4:57	4	2:21	21	4:22
00 11	0.35	1:47	5:05	3	0:16	20	0:25	3.85	19:08	4:58	4	2:37	21	4:47
00 12	0.35	1:47	5:05	4	0:15	23	0:23	4.20	20:55	4:58	4	2:52	21	5:10
00 13	0.35	1:48	5:08	4	0:16	22	0:26	4.55	22:43	4:59	4	3:08	21	5:36
00 14	0.35	1:49	5:11	4	0:17	23	0:25	4.90	24:32	5:00	4	3:25	21	6:01
00 15	0.35	1:50	5:14	4	0:19	23	0:28	5.25	26:22	5:01	4	3:44	21	6:29
00 16	0.35	1:52	5:20	4	0:21	26	0:28	5.60	28:14	5:02	4	4:05	21	6:57
00 17	0.35	1:51	5:17	4	0:17	26	0:28	5.95	30:05	5:03	4	4:22	21	7:25
00 18	0.35	1:50	5:14	4	0:16	23	0:26	6.30	31:55	5:03	4	4:38	21	7:51
00 19	0.35	1:54	5:25	4	0:21	28	0:30	6.65	33:49	5:05	4	4:59	22	8:21
00 20	0.35	1:52	5:20	4	0:20	24	0:28	7.00	35:41	5:05	4	5:19	23	8:49
00 21	0.35	1:51	5:17	4	0:18	23	0:28	7.35	37:32	5:06	4	5:37	23	9:17
00 22	0.35	1:53	5:22	4	0:20	28	0:29	7.70	39:25	5:07	4	5:57	23	9:46
00 23	0.35	1:52	5:20	4	0:19	26	0:29	8.05	41:17	5:07	4	6:16	23	10:15
00 24	0.35	1:53	5:22	3	0:18	24	0:30	8.40	43:10	5:08	4	6:34	23	10:45
00 25	0.35	1:54	5:25	5	0:20	28	0:31	8.75	45:04	5:09	4	6:54	23	11:16
00 26	0.35	1:54	5:25	4	0:18	25	0:31	9.10	46:58	5:09	4	7:12	24	11:47
00 27	0.35	1:53	5:22	5	0:19	27	0:30	9.45	48:51	5:10	4	7:31	24	12:17
00 28	0.35	1:55	5:28	5	0:21	28	0:31	9.80	50:46	5:10	4	7:52	24	12:48
00 29	0.35	1:54	5:25	4	0:20	29	0:31	10.15	52:40	5:11	4	8:12	24	13:19
00 30	0.35	1:54	5:25	5	0:19	29	0:30	10.50	54:34	5:11	4	8:31	24	13:49



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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	1:54	5:25	5	0:20	31	0:29	10.85	56:28	5:12	4	8:51	24	14:18
00 32	0.35	1:54	5:25	5	0:20	29	0:30	11.20	58:22	5:12	4	9:11	24	14:48