



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

Arnstadt / 21.02.2024

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Jens Schmidt

00: LTV Erfurt

00: 70

00: 0.35 km

Stundenlauf

0000:

Senioren M50 (50-54)

000: 59:25

00: 13.08 km/h

0000: 4:35 min/km

0: 37 (12.95 km)

00000/0: 6 (of 39)

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



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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	1:37	4:37	2	0:01	7	0:12	10.85	49:47	4:35	1	-	6	7:37
00 32	0.35	1:37	4:37	1	-	6	0:13	11.20	51:24	4:35	1	-	6	7:50
00 33	0.35	1:38	4:40	1	-	7	0:14	11.55	53:02	4:35	1	-	6	8:04
00 34	0.35	1:38	4:40	1	-	8	0:14	11.90	54:40	4:35	1	-	6	8:18
00 35	0.35	1:35	4:31	1	-	7	0:12	12.25	56:15	4:35	1	-	6	8:30
00 36	0.35	1:35	4:31	1	-	5	0:12	12.60	57:50	4:35	1	-	6	8:42
00 37	0.35	1:35	4:31	1	-	7	0:11	12.95	59:25	4:35	1	-	6	8:53