



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

Arnstadt / 21.02.2024

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Martin Gruss

000: 58:34

00: 30

00: 12.29 km/h

00: 0.35 km/00

0000: 4:46 min/km

Stundenlauf

0: 35 (12.25 km)

0000:

00000/0: 11 (of 39)

Senioren M50 (50-54)

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



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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	1:47	5:05	7	0:11	22	0:22	10.85	51:48	4:46	3	2:01	11	9:38
00 32	0.35	1:44	4:57	4	0:07	13	0:20	11.20	53:32	4:46	3	2:08	11	9:58
00 33	0.35	1:43	4:54	3	0:05	13	0:19	11.55	55:15	4:47	3	2:13	11	10:17
00 34	0.35	1:40	4:45	2	0:02	11	0:16	11.90	56:55	4:46	3	2:15	11	10:33
00 35	0.35	1:39	4:42	2	0:04	9	0:16	12.25	58:34	4:46	3	2:19	11	10:49