



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

Arnstadt / 21.02.2024

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Thorsten Seever

00: SG Motor Arnstadt

00: 71

00: 0.35 km/00

Stundenlauf

0000:

Senioren M50 (50-54)

000: 59:23

00: 11.67 km/h

0000: 5:08 min/km

0: 33 (11.55 km)

00000/0: 21 (of 39)

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



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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	1:45	5:00	5	0:09	18	0:20	10.85	55:48	5:08	5	6:01	21	13:38
00 32	0.35	1:47	5:05	6	0:10	18	0:23	11.20	57:35	5:08	5	6:11	21	14:01
00 33	0.35	1:48	5:08	5	0:10	22	0:24	11.55	59:23	5:08	5	6:21	21	14:25