



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

Arnstadt / 21.02.2024

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Michael Barthel

00: SG Motor Arnstadt

00: 76

00: 0.35 km/00

Stundenlauf

0000:

Senioren M50 (50-54)

000: 59:19

00: 11.33 km/h

0000: 5:17 min/km

0: 32 (11.2 km)

00000/0: 27 (of 39)

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



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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	1:36	4:34	1	-	6	0:11	10.85	57:41	5:18	6	7:54	28	15:31
00 32	0.35	1:38	4:40	2	0:01	8	0:14	11.20	59:19	5:17	6	7:55	27	15:45