



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

Arnstadt / 21.02.2024

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Niels Prasser

00: SG Motor Arnstadt

00: 65

00: 0.35 km/00

Stundenlauf

0000:

Senioren M50 (50-54)

000: 59:24

00: 10.10 km/h

0000: 5:28 min/km

0: 31 (10.85 km)

00000/0: 32 (of 39)

00000: 7(of 7)

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 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	1:45	5:00	7	0:18	29	0:32	0.70	3:36	5:08	6	0:45	29	1:14
00 3	0.35	1:46	5:02	7	0:17	28	0:29	1.05	5:22	5:06	6	1:02	29	1:43
00 4	0.35	1:49	5:11	7	0:17	27	0:33	1.40	7:11	5:07	6	1:18	29	2:16
00 5	0.35	1:50	5:14	7	0:17	27	0:31	1.75	9:01	5:09	6	1:35	29	2:47
00 6	0.35	1:52	5:20	7	0:19	33	0:32	2.10	10:53	5:10	6	1:54	29	3:19
00 7	0.35	1:50	5:14	7	0:17	30	0:30	2.45	12:43	5:11	6	2:09	29	3:49
00 8	0.35	1:50	5:14	7	0:15	32	0:29	2.80	14:33	5:11	6	2:23	31	4:18
00 9	0.35	1:53	5:22	7	0:18	32	0:31	3.15	16:26	5:13	6	2:41	31	4:49
00 10	0.35	1:55	5:28	7	0:21	32	0:33	3.50	18:21	5:14	6	3:02	31	5:22
00 11	0.35	1:54	5:25	7	0:20	32	0:32	3.85	20:15	5:15	6	3:22	31	5:54
00 12	0.35	1:58	5:37	7	0:25	34	0:34	4.20	22:13	5:17	6	3:42	31	6:28
00 13	0.35	1:56	5:31	7	0:22	32	0:34	4.55	24:09	5:18	6	4:00	31	7:02
00 14	0.35	2:03	5:51	7	0:27	34	0:39	4.90	26:12	5:20	6	4:22	31	7:41
00 15	0.35	1:58	5:37	7	0:22	32	0:36	5.25	28:10	5:21	6	4:41	31	8:17
00 16	0.35	1:57	5:34	7	0:20	32	0:33	5.60	30:07	5:22	6	4:58	31	8:50
00 17	0.35	1:56	5:31	7	0:18	31	0:33	5.95	32:03	5:23	6	5:13	31	9:23
00 18	0.35	1:59	5:40	7	0:22	33	0:35	6.30	34:02	5:24	6	5:33	31	9:58
00 19	0.35	1:58	5:37	7	0:21	31	0:34	6.65	36:00	5:24	6	5:51	31	10:32
00 20	0.35	1:59	5:40	7	0:21	31	0:35	7.00	37:59	5:25	6	6:11	31	11:07
00 21	0.35	1:58	5:37	7	0:21	32	0:35	7.35	39:57	5:26	6	6:29	31	11:42
00 22	0.35	2:00	5:42	7	0:22	31	0:36	7.70	41:57	5:26	6	6:46	31	12:18
00 23	0.35	2:01	5:45	7	0:23	34	0:38	8.05	43:58	5:27	6	7:08	31	12:56
00 24	0.35	2:00	5:42	7	0:24	33	0:37	8.40	45:58	5:28	6	7:32	32	13:33
00 25	0.35	1:57	5:34	7	0:18	30	0:34	8.75	47:55	5:28	7	7:50	33	14:07
00 26	0.35	2:02	5:48	7	0:27	33	0:39	9.10	49:57	5:29	7	8:17	33	14:46
00 27	0.35	1:56	5:31	7	0:18	30	0:33	9.45	51:53	5:29	7	8:35	32	15:19
00 28	0.35	1:58	5:37	7	0:21	31	0:34	9.80	53:51	5:29	7	8:56	32	15:53
00 29	0.35	1:53	5:22	7	0:16	27	0:30	10.15	55:44	5:29	7	9:12	32	16:23
00 30	0.35	1:55	5:28	7	0:19	30	0:31	10.50	57:39	5:29	7	9:29	32	16:54



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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	59:24	5:28	7	9:37	32	17:14