



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: 10.96 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 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 | 1:45 | 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 |