



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

Arnstadt / 21.02.2024

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Torsten Stelzner

00: WSV Ilmenau

00: 73

00: 0.35 km/00

Stundenlauf

0000:

Senioren M55 (55-59)

000: 59:48

00: 12.04 km/h

0000: 4:52 min/km

0: 35 (12.25 km)

00000/0: 16 (of 39)

00000: 1(of 3)

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



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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	1:46	5:02	2	0:03	20	0:21	10.85	52:37	4:50	1	-	14	10:27
00 32	0.35	1:48	5:08	2	0:01	21	0:24	11.20	54:25	4:51	1	-	14	10:51
00 33	0.35	1:48	5:08	1	-	22	0:24	11.55	56:13	4:52	1	-	14	11:15
00 34	0.35	1:50	5:14	1	-	18	0:26	11.90	58:03	4:52	1	-	16	11:41
00 35	0.35	1:45	5:00	1	-	16	0:22	12.25	59:48	4:52	1	-	16	12:03