



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

Arnstadt / 21.02.2024

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Jörg Grimm

00: SPORTident

00: 54

00: 0.35 km/00

Stundenlauf

0000:

Senioren M55 (55-59)

000: 59:41

00: 11.06 km/h

0000: 5:19 min/km

0: 32 (11.2 km)

00000/0: 29 (of 39)

00000: 2(of 3)

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



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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	1:52	5:20	3	0:09	30	0:27	10.85	57:54	5:20	2	5:17	29	15:44
00 32	0.35	1:47	5:05	1	-	18	0:23	11.20	59:41	5:19	2	5:16	29	16:07