



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

Arnstadt / 21.02.2024

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Friedrich Reinhard Wilke

000: 59:51

00: 84

00: 10.03 km/h

00: 0.35 km/00

0000: 5:30 min/km

Stundenlauf

00: 31 (10.85 km)

0000:

00000/00: 34 (of 39)

Senioren M55 (55-59)

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



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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	1:43	4:54	1	-	13	0:18	10.85	59:51	5:30	3	7:14	34	17:41