



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

Arnstadt / 21.02.2024

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Andreas Kerber

00: Rennsteiglaufverein

00: 57

00: 0.35 km/00

Stundenlauf

0000:

Senioren M60 (60-64)

000: 58:24

00: 11.30 km/h

0000: 5:12 min/km

0: 32 (11.2 km)

00000/0: 25 (of 39)

00000: 1(of 5)

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



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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	1:47	5:05	1	-	22	0:22	10.85	56:36	5:12	1	-	25	14:26
00 32	0.35	1:48	5:08	1	-	21	0:24	11.20	58:24	5:12	1	-	25	14:50