



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

Arnstadt / 21.02.2024

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Detlev Moritz

000: 58:35

00: 32

00: 10.24 km/h

00: 0.35 km/00

0000: 5:23 min/km

Stundenlauf

0: 31 (10.85 km)

0000:

00000/0: 30 (of 39)

Senioren M60 (60-64)

00000: 2(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	1:59	5:40	4	0:18	34	0:50	0.35	1:59	5:40	4	0:18	34	0:50
00 2	0.35	1:56	5:31	3	0:10	35	0:43	0.70	3:55	5:35	4	0:28	35	1:33
00 3	0.35	2:00	5:42	3	0:17	35	0:43	1.05	5:55	5:38	4	0:40	35	2:16
00 4	0.35	1:59	5:40	3	0:11	34	0:43	1.40	7:54	5:38	4	0:49	35	2:59
00 5	0.35	2:00	5:42	3	0:10	35	0:41	1.75	9:54	5:39	4	0:58	35	3:40
00 6	0.35	1:59	5:40	3	0:09	35	0:39	2.10	11:53	5:39	3	1:07	34	4:19
00 7	0.35	1:58	5:37	3	0:07	35	0:38	2.45	13:51	5:39	3	1:14	34	4:57
00 8	0.35	1:55	5:28	3	0:06	34	0:34	2.80	15:46	5:37	3	1:20	34	5:31
00 9	0.35	1:59	5:40	3	0:09	35	0:37	3.15	17:45	5:38	3	1:29	34	6:08
00 10	0.35	1:57	5:34	3	0:07	34	0:35	3.50	19:42	5:37	3	1:35	34	6:43
00 11	0.35	1:55	5:28	3	0:05	33	0:33	3.85	21:37	5:36	3	1:40	34	7:16
00 12	0.35	1:55	5:28	3	0:05	32	0:31	4.20	23:32	5:36	3	1:45	34	7:47
00 13	0.35	1:53	5:22	2	0:03	29	0:31	4.55	25:25	5:35	3	1:48	34	8:18
00 14	0.35	1:55	5:28	3	0:05	31	0:31	4.90	27:20	5:34	3	1:53	34	8:49
00 15	0.35	1:53	5:22	2	0:02	27	0:31	5.25	29:13	5:33	3	1:55	34	9:20
00 16	0.35	1:55	5:28	3	0:05	30	0:31	5.60	31:08	5:33	3	2:00	34	9:51
00 17	0.35	1:50	5:14	1	-	23	0:27	5.95	32:58	5:32	3	2:00	33	10:18
00 18	0.35	1:50	5:14	2	0:01	23	0:26	6.30	34:48	5:31	3	2:01	32	10:44
00 19	0.35	1:50	5:14	2	0:01	26	0:26	6.65	36:38	5:30	3	2:02	32	11:10
00 20	0.35	1:53	5:22	2	0:02	25	0:29	7.00	38:31	5:30	3	2:04	32	11:39
00 21	0.35	1:51	5:17	1	-	23	0:28	7.35	40:22	5:29	3	2:04	32	12:07
00 22	0.35	1:51	5:17	2	0:01	25	0:27	7.70	42:13	5:28	3	2:05	32	12:34
00 23	0.35	1:51	5:17	2	0:01	24	0:28	8.05	44:04	5:28	3	2:06	32	13:02
00 24	0.35	1:51	5:17	2	0:01	22	0:28	8.40	45:55	5:27	3	2:07	31	13:30
00 25	0.35	1:48	5:08	1	-	19	0:25	8.75	47:43	5:27	3	2:04	30	13:55
00 26	0.35	1:45	5:00	1	-	14	0:22	9.10	49:28	5:26	3	1:59	30	14:17
00 27	0.35	1:48	5:08	1	-	18	0:25	9.45	51:16	5:25	3	1:56	31	14:42
00 28	0.35	1:50	5:14	1	-	21	0:26	9.80	53:06	5:25	3	1:56	31	15:08
00 29	0.35	1:50	5:14	1	-	22	0:27	10.15	54:56	5:24	2	1:56	30	15:35
00 30	0.35	1:50	5:14	2	0:01	25	0:26	10.50	56:46	5:24	2	1:57	30	16:01



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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	1:49	5:11	2	0:02	25	0:24	10.85	58:35	5:23	2	1:59	30	16:25