



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

Arnstadt / 21.02.2024

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Frank Schirwinski

00: LTV Erfurt

00: 33

00: 0.35 km/00

Stundenlauf

0000:

Senioren M60 (60-64)

000: 58:52

00: 11.06 km/h

0000: 5:25 min/km

0: 31 (10.85 km)

00000/0: 31 (of 39)

00000: 3(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	1:50	5:14	2	0:09	25	0:41	0.35	1:50	5:14	2	0:09	25	0:41
00 2	0.35	1:46	5:02	1	-	30	0:33	0.70	3:36	5:08	2	0:09	29	1:14
00 3	0.35	1:43	4:54	1	-	26	0:26	1.05	5:19	5:03	2	0:04	28	1:40
00 4	0.35	1:48	5:08	1	-	26	0:32	1.40	7:07	5:04	2	0:02	28	2:12
00 5	0.35	1:50	5:14	1	-	27	0:31	1.75	8:57	5:06	2	0:01	28	2:43
00 6	0.35	1:50	5:14	1	-	28	0:30	2.10	10:47	5:08	2	0:01	28	3:13
00 7	0.35	1:51	5:17	1	-	31	0:31	2.45	12:38	5:09	2	0:01	28	3:44
00 8	0.35	1:49	5:11	1	-	30	0:28	2.80	14:27	5:09	2	0:01	28	4:12
00 9	0.35	1:51	5:17	2	0:01	31	0:29	3.15	16:18	5:10	2	0:02	28	4:41
00 10	0.35	1:50	5:14	1	-	26	0:28	3.50	18:08	5:10	2	0:01	28	5:09
00 11	0.35	1:52	5:20	2	0:02	29	0:30	3.85	20:00	5:11	2	0:03	29	5:39
00 12	0.35	1:50	5:14	1	-	25	0:26	4.20	21:50	5:11	2	0:03	29	6:05
00 13	0.35	1:54	5:25	3	0:04	30	0:32	4.55	23:44	5:12	2	0:07	29	6:37
00 14	0.35	1:54	5:25	2	0:04	29	0:30	4.90	25:38	5:13	2	0:11	29	7:07
00 15	0.35	1:55	5:28	3	0:04	28	0:33	5.25	27:33	5:14	2	0:15	29	7:40
00 16	0.35	1:53	5:22	2	0:03	28	0:29	5.60	29:26	5:15	2	0:18	29	8:09
00 17	0.35	1:57	5:34	3	0:07	33	0:34	5.95	31:23	5:16	2	0:25	29	8:43
00 18	0.35	1:56	5:31	3	0:07	32	0:32	6.30	33:19	5:17	2	0:32	29	9:15
00 19	0.35	1:59	5:40	3	0:10	32	0:35	6.65	35:18	5:18	2	0:42	29	9:50
00 20	0.35	1:59	5:40	3	0:08	31	0:35	7.00	37:17	5:19	2	0:50	29	10:25
00 21	0.35	1:57	5:34	3	0:06	31	0:34	7.35	39:14	5:20	2	0:56	29	10:59
00 22	0.35	1:58	5:37	3	0:08	29	0:34	7.70	41:12	5:21	2	1:04	29	11:33
00 23	0.35	1:56	5:31	3	0:06	31	0:33	8.05	43:08	5:21	2	1:10	29	12:06
00 24	0.35	1:56	5:31	3	0:06	32	0:33	8.40	45:04	5:21	2	1:16	29	12:39
00 25	0.35	2:02	5:48	3	0:14	33	0:39	8.75	47:06	5:22	2	1:27	29	13:18
00 26	0.35	2:01	5:45	3	0:16	32	0:38	9.10	49:07	5:23	2	1:38	29	13:56
00 27	0.35	1:58	5:37	3	0:10	32	0:35	9.45	51:05	5:24	2	1:45	29	14:31
00 28	0.35	1:58	5:37	3	0:08	31	0:34	9.80	53:03	5:24	2	1:53	30	15:05
00 29	0.35	1:59	5:40	3	0:09	33	0:36	10.15	55:02	5:25	3	2:02	31	15:41
00 30	0.35	1:55	5:28	3	0:06	30	0:31	10.50	56:57	5:25	3	2:08	31	16:12



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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	1:55	5:28	3	0:08	33	0:30	10.85	58:52	5:25	3	2:16	31	16:42