



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

Arnstadt / 21.02.2024

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Andreas Sahl

00: RSV Adler Arnstadt

00: 68

00: 0.35 km/00

Stundenlauf

0000:

Senioren M60 (60-64)

000: 58:10

00: 5.16 km/h

0000: 11:04 min/km

0: 15 (5.25 km)

00000/0: 39 (of 39)

00000: 5(of 5)

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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 1	0.35	2:02	5:48	5	0:21	36	0:53	0.35	2:02	5:48	5	0:21	36	0:53
00 2	0.35	2:00	5:42	5	0:14	37	0:47	0.70	4:02	5:45	5	0:35	36	1:40
00 3	0.35	8:02	22:57	5	6:19	39	6:45	1.05	12:04	11:29	5	6:49	39	8:25
00 4	0.35	2:05	5:57	5	0:17	37	0:49	1.40	14:09	10:06	5	7:04	39	9:14
00 5	0.35	2:06	6:00	5	0:16	37	0:47	1.75	16:15	9:17	5	7:19	39	10:01
00 6	0.35	2:08	6:05	5	0:18	37	0:48	2.10	18:23	8:45	5	7:37	39	10:49
00 7	0.35	6:20	18:05	5	4:29	39	5:00	2.45	24:43	10:05	5	12:06	39	15:49
00 8	0.35	2:11	6:14	5	0:22	37	0:50	2.80	26:54	9:36	5	12:28	39	16:39
00 9	0.35	2:10	6:11	5	0:20	37	0:48	3.15	29:04	9:13	5	12:48	39	17:27
00 10	0.35	9:47	27:57	5	7:57	39	8:25	3.50	38:51	11:05	5	20:44	39	25:52
00 11	0.35	2:35	7:22	5	0:45	38	1:13	3.85	41:26	10:45	5	21:29	39	27:05
00 12	0.35	2:05	5:57	4	0:15	36	0:41	4.20	43:31	10:21	5	21:44	39	27:46
00 13	0.35	2:06	6:00	4	0:16	36	0:44	4.55	45:37	10:01	5	22:00	39	28:30
00 14	0.35	10:25	29:45	5	8:35	39	9:01	4.90	56:02	11:26	5	30:35	39	37:31
00 15	0.35	2:08	6:05	5	0:17	37	0:46	5.25	58:10	11:04	5	30:52	39	38:17