



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

Arnstadt / 21.02.2024

□□□□

Martin Mölders

□□□: 59:37

□□: Gutsmuths-Rensteiglaufverein

□□: 12.33 km/h

□□: 28

□□□□: 4:52 min/km

□□: 0.35 km/□□

□: 35 (12.25 km)

Stundenlauf

□□□□□/□: 15 (of 39)

□□□□:

□□□□□: 1(of 3)

Senioren M65 (65-69)

□□□□

□□□□

□□□

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



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

Arnstadt / 21.02.2024

0000

0000

000

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	1:42	4:51	1	-	11	0:17	10.85	52:54	4:52	1	-	15	10:44
00 32	0.35	1:43	4:54	1	-	12	0:19	11.20	54:37	4:52	1	-	15	11:03
00 33	0.35	1:42	4:51	1	-	9	0:18	11.55	56:19	4:52	1	-	15	11:21
00 34	0.35	1:42	4:51	1	-	12	0:18	11.90	58:01	4:52	1	-	15	11:39
00 35	0.35	1:36	4:34	1	-	8	0:13	12.25	59:37	4:52	1	-	15	11:52