



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

Arnstadt / 21.02.2024

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Siegfried Ritter

00: SPORTident

00: 37

00: 0.35 km/00

Stundenlauf

0000:

Senioren M65 (65-69)

000: 59:27

00: 11.10 km/h

0000: 5:08 min/km

0: 33 (11.55 km)

00000/0: 22 (of 39)

00000: 2(of 3)

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



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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	0:07	25	0:24	10.85	55:56	5:09	2	3:02	22	13:46
00 32	0.35	1:48	5:08	2	0:05	21	0:24	11.20	57:44	5:09	2	3:07	22	14:10
00 33	0.35	1:43	4:54	2	0:01	13	0:19	11.55	59:27	5:08	2	3:08	22	14:29