



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

Arnstadt / 21.02.2024

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Andreas Beck

□□: LSV Lok Arnstadt

□□: 46

□□: 0.35 km/□□

Stundenlauf

□□□□:

Senioren M65 (65-69)

□□□: 59:53

□□: 9.47 km/h

□□□□: 6:20 min/km

□: 27 (9.45 km)

□□□□□/□: 37 (of 39)

□□□□□: 3(of 3)

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