



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

Arnstadt / 21.02.2024

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Hartmut Wächter

00: SG Motor Arnstadt

00: 79

00: 0.35 km/00

Stundenlauf

0000:

Senioren M70 (70-74)

000: 58:48

00: 11.22 km/h

0000: 4:56 min/km

0: 34 (11.9 km)

00000/0: 17 (of 39)

00000: 1(of 1)

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



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Arnstadt / 21.02.2024

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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	1:46	5:02	1	-	20	0:21	10.85	53:35	4:56	1	-	17	11:25
00 32	0.35	1:45	5:00	1	-	15	0:21	11.20	55:20	4:56	1	-	17	11:46
00 33	0.35	1:44	4:57	1	-	16	0:20	11.55	57:04	4:56	1	-	17	12:06
00 34	0.35	1:44	4:57	1	-	14	0:20	11.90	58:48	4:56	1	-	17	12:26