



# 1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

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Norbert Wenzlaff

00: Arnstadt

00: 29

00: 0.35 km/00

Halbstundenlauf

0000:

Senioren M60 (60-64) H

000: 29:31

00: 10.16 km/h

0000: 5:16 min/km

0: 16 (5.6 km)

00000/0: 9 (of 23)

00000: 2(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	1:35	4:31	2	0:07	8	0:11	0.35	1:35	4:31	2	0:07	8	0:11
00 2	0.35	1:39	4:42	2	0:06	8	0:15	0.70	3:14	4:37	2	0:13	8	0:26
00 3	0.35	1:43	4:54	2	0:06	9	0:18	1.05	4:57	4:42	2	0:19	8	0:44
00 4	0.35	1:48	5:08	2	0:11	10	0:21	1.40	6:45	4:49	2	0:30	8	1:05
00 5	0.35	1:47	5:05	2	0:08	9	0:20	1.75	8:32	4:52	2	0:38	8	1:25
00 6	0.35	1:50	5:14	2	0:11	10	0:33	2.10	10:22	4:56	2	0:49	8	1:48
00 7	0.35	1:51	5:17	2	0:13	9	0:23	2.45	12:13	4:59	2	1:02	7	2:11
00 8	0.35	1:54	5:25	3	0:15	11	0:24	2.80	14:07	5:02	2	1:17	8	2:35
00 9	0.35	1:53	5:22	2	0:13	9	0:25	3.15	16:00	5:04	2	1:30	8	3:00
00 10	0.35	1:52	5:20	2	0:11	6	0:22	3.50	17:52	5:06	2	1:41	6	3:22
00 11	0.35	1:56	5:31	3	0:14	8	0:26	3.85	19:48	5:08	2	1:55	7	3:48
00 12	0.35	1:58	5:37	3	0:19	10	0:27	4.20	21:46	5:10	2	2:14	8	4:15
00 13	0.35	1:58	5:37	4	0:17	13	0:27	4.55	23:44	5:12	2	2:31	8	4:42
00 14	0.35	1:55	5:28	3	0:14	8	0:23	4.90	25:39	5:14	2	2:45	8	5:05
00 15	0.35	1:53	5:22	2	0:12	8	0:22	5.25	27:32	5:14	2	2:57	8	5:27
00 16	0.35	1:59	5:40	2	0:18	10	0:27	5.60	29:31	5:16	2	3:15	9	5:54