



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

Arnstadt / 20.03.2024

0000

Hakan Yozyurk

00: SPORTident

00: 77

00: 0.35 km/00

Stundenlauf

0000:

Senioren M30 (30-34)

000: 58:19

00: 8.23 km/h

0000: 6:56 min/km

0: 24 (8.4 km)

00000/0: 34 (of 36)

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	000 -	00 -	00 0	00 0		
00 1	0.35	2:04	5:54	1	-	34	0:59	0.35	2:04	5:54	1	-	34	0:59
00 2	0.35	2:16	6:28	1	-	36	1:03	0.70	4:20	6:11	1	-	35	2:02
00 3	0.35	2:17	6:31	1	-	35	1:00	1.05	6:37	6:18	1	-	35	3:02
00 4	0.35	2:23	6:48	1	-	35	1:06	1.40	9:00	6:25	1	-	35	4:08
00 5	0.35	2:20	6:40	1	-	34	1:02	1.75	11:20	6:28	1	-	35	5:10
00 6	0.35	2:18	6:34	1	-	35	0:59	2.10	13:38	6:29	1	-	35	6:09
00 7	0.35	2:25	6:54	1	-	35	1:05	2.45	16:03	6:33	1	-	35	7:14
00 8	0.35	2:44	7:48	1	-	36	1:24	2.80	18:47	6:42	1	-	35	8:38
00 9	0.35	2:28	7:02	1	-	35	1:08	3.15	21:15	6:44	1	-	35	9:46
00 10	0.35	2:24	6:51	1	-	35	1:04	3.50	23:39	6:45	1	-	35	10:50
00 11	0.35	2:29	7:05	1	-	35	1:09	3.85	26:08	6:47	1	-	35	11:59
00 12	0.35	2:26	6:57	1	-	35	1:08	4.20	28:34	6:48	1	-	35	13:07
00 13	0.35	2:26	6:57	1	-	35	1:06	4.55	31:00	6:48	1	-	35	14:13
00 14	0.35	2:26	6:57	1	-	35	1:07	4.90	33:26	6:49	1	-	35	15:20
00 15	0.35	2:27	7:00	1	-	35	1:06	5.25	35:53	6:50	1	-	35	16:26
00 16	0.35	2:28	7:02	1	-	36	1:08	5.60	38:21	6:50	1	-	35	17:34
00 17	0.35	2:32	7:14	1	-	36	1:11	5.95	40:53	6:52	1	-	35	18:45
00 18	0.35	2:36	7:25	1	-	36	1:17	6.30	43:29	6:54	1	-	35	20:02
00 19	0.35	2:27	7:00	1	-	35	1:06	6.65	45:56	6:54	1	-	35	21:08
00 20	0.35	2:29	7:05	1	-	35	1:09	7.00	48:25	6:54	1	-	34	22:17
00 21	0.35	2:32	7:14	1	-	34	1:11	7.35	50:57	6:55	1	-	34	23:28
00 22	0.35	2:32	7:14	1	-	35	1:11	7.70	53:29	6:56	1	-	34	24:39
00 23	0.35	2:32	7:14	1	-	35	1:10	8.05	56:01	6:57	1	-	34	25:49
00 24	0.35	2:18	6:34	1	-	33	0:56	8.40	58:19	6:56	1	-	34	26:45