



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

Arnstadt / 20.03.2024

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Markus Stöhr

000: 59:40

00: 68

00: 14.43 km/h

00: 0.35 km/00

0000: 4:09 min/km

Stundenlauf

00: 41 (14.35 km)

0000:

00000/0: 3 (of 36)

Senioren M35 (35-39)

00000: 1(of 7)

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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	1:17	3:40	1	-	3	0:12	0.35	1:17	3:40	1	-	3	0:12
00 2	0.35	1:21	3:51	1	-	3	0:08	0.70	2:38	3:45	1	-	3	0:20
00 3	0.35	1:25	4:02	1	-	3	0:08	1.05	4:03	3:51	1	-	3	0:28
00 4	0.35	1:24	4:00	1	-	3	0:07	1.40	5:27	3:53	1	-	3	0:35
00 5	0.35	1:24	4:00	1	-	3	0:06	1.75	6:51	3:54	1	-	3	0:41
00 6	0.35	1:24	4:00	1	-	3	0:05	2.10	8:15	3:55	1	-	3	0:46
00 7	0.35	1:25	4:02	1	-	3	0:05	2.45	9:40	3:56	1	-	3	0:51
00 8	0.35	1:23	3:57	1	-	3	0:03	2.80	11:03	3:56	1	-	3	0:54
00 9	0.35	1:28	4:11	1	-	4	0:08	3.15	12:31	3:58	1	-	3	1:02
00 10	0.35	1:25	4:02	1	-	3	0:05	3.50	13:56	3:58	1	-	3	1:07
00 11	0.35	1:25	4:02	1	-	3	0:05	3.85	15:21	3:59	1	-	3	1:12
00 12	0.35	1:25	4:02	1	-	3	0:07	4.20	16:46	3:59	1	-	3	1:19
00 13	0.35	1:25	4:02	1	-	3	0:05	4.55	18:11	3:59	1	-	3	1:24
00 14	0.35	1:25	4:02	1	-	3	0:06	4.90	19:36	4:00	1	-	3	1:30
00 15	0.35	1:25	4:02	1	-	3	0:04	5.25	21:01	4:00	1	-	3	1:34
00 16	0.35	1:23	3:57	1	-	2	0:03	5.60	22:24	4:00	1	-	3	1:37
00 17	0.35	1:25	4:02	1	-	3	0:04	5.95	23:49	4:00	1	-	3	1:41
00 18	0.35	1:34	4:28	2	0:02	7	0:15	6.30	25:23	4:01	1	-	3	1:56
00 19	0.35	1:33	4:25	2	0:02	6	0:12	6.65	26:56	4:03	1	-	3	2:08
00 20	0.35	1:27	4:08	1	-	3	0:07	7.00	28:23	4:03	1	-	3	2:15
00 21	0.35	1:28	4:11	1	-	3	0:07	7.35	29:51	4:03	1	-	3	2:22
00 22	0.35	1:31	4:19	1	-	3	0:10	7.70	31:22	4:04	1	-	3	2:32
00 23	0.35	1:28	4:11	1	-	3	0:06	8.05	32:50	4:04	1	-	3	2:38
00 24	0.35	1:30	4:17	1	-	3	0:08	8.40	34:20	4:05	1	-	3	2:46
00 25	0.35	1:29	4:14	1	-	3	0:07	8.75	35:49	4:05	1	-	3	2:53
00 26	0.35	1:29	4:14	1	-	3	0:08	9.10	37:18	4:05	1	-	3	3:01
00 27	0.35	1:29	4:14	1	-	3	0:06	9.45	38:47	4:06	1	-	3	3:07
00 28	0.35	1:28	4:11	1	-	3	0:04	9.80	40:15	4:06	1	-	3	3:11
00 29	0.35	1:28	4:11	1	-	3	0:06	10.15	41:43	4:06	1	-	3	3:17
00 30	0.35	1:28	4:11	1	-	3	0:06	10.50	43:11	4:06	1	-	3	3:23



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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	1:29	4:14	1	-	3	0:07	10.85	44:40	4:07	1	-	3	3:30
00 32	0.35	1:31	4:19	1	-	4	0:10	11.20	46:11	4:07	1	-	3	3:40
00 33	0.35	1:31	4:19	2	0:01	6	0:10	11.55	47:42	4:07	1	-	3	3:50
00 34	0.35	1:30	4:17	1	-	3	0:09	11.90	49:12	4:08	1	-	3	3:59
00 35	0.35	1:29	4:14	1	-	3	0:09	12.25	50:41	4:08	1	-	3	4:08
00 36	0.35	1:32	4:22	1	-	5	0:11	12.60	52:13	4:08	1	-	3	4:19
00 37	0.35	1:30	4:17	1	-	6	0:10	12.95	53:43	4:08	1	-	3	4:29
00 38	0.35	1:31	4:19	2	0:05	6	0:09	13.30	55:14	4:09	1	-	3	4:38
00 39	0.35	1:26	4:05	1	-	4	0:04	13.65	56:40	4:09	1	-	3	4:42
00 40	0.35	1:27	4:08	2	0:04	5	0:06	14.00	58:07	4:09	1	-	3	4:48
00 41	0.35	1:33	4:25	1	-	3	0:13	14.35	59:40	4:09	1	-	3	5:01