



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

Arnstadt / 20.03.2024

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Sven Reißland

000: 58:59

00: 60

00: 12.21 km/h

00: 0.35 km/00

0000: 4:33 min/km

Stundenlauf

00: 37 (12.95 km)

0000:

00000/00: 10 (of 36)

Senioren M35 (35-39)

00000: 3(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	1:21	3:51	2	0:04	4	0:16	0.35	1:21	3:51	2	0:04	4	0:16
00 2	0.35	1:23	3:57	2	0:02	4	0:10	0.70	2:44	3:54	2	0:06	4	0:26
00 3	0.35	1:28	4:11	3	0:03	7	0:11	1.05	4:12	4:00	2	0:09	4	0:37
00 4	0.35	1:28	4:11	3	0:04	7	0:11	1.40	5:40	4:02	2	0:13	4	0:48
00 5	0.35	1:27	4:08	2	0:03	4	0:09	1.75	7:07	4:03	2	0:16	4	0:57
00 6	0.35	1:29	4:14	2	0:05	6	0:10	2.10	8:36	4:05	2	0:21	4	1:07
00 7	0.35	1:30	4:17	3	0:05	9	0:10	2.45	10:06	4:07	2	0:26	4	1:17
00 8	0.35	1:30	4:17	3	0:07	6	0:10	2.80	11:36	4:08	2	0:33	4	1:27
00 9	0.35	1:31	4:19	3	0:03	8	0:11	3.15	13:07	4:09	3	0:36	6	1:38
00 10	0.35	1:32	4:22	3	0:07	8	0:12	3.50	14:39	4:11	3	0:43	6	1:50
00 11	0.35	1:34	4:28	3	0:09	11	0:14	3.85	16:13	4:12	3	0:52	6	2:04
00 12	0.35	1:35	4:31	3	0:10	11	0:17	4.20	17:48	4:14	3	1:02	7	2:21
00 13	0.35	1:36	4:34	3	0:11	13	0:16	4.55	19:24	4:15	3	1:13	8	2:37
00 14	0.35	1:36	4:34	3	0:11	12	0:17	4.90	21:00	4:17	3	1:24	8	2:54
00 15	0.35	1:38	4:40	3	0:13	12	0:17	5.25	22:38	4:18	3	1:37	8	3:11
00 16	0.35	1:38	4:40	3	0:15	12	0:18	5.60	24:16	4:19	3	1:52	8	3:29
00 17	0.35	1:40	4:45	3	0:15	14	0:19	5.95	25:56	4:21	3	2:07	8	3:48
00 18	0.35	1:39	4:42	3	0:07	13	0:20	6.30	27:35	4:22	3	2:12	8	4:08
00 19	0.35	1:40	4:45	3	0:09	14	0:19	6.65	29:15	4:23	3	2:19	8	4:27
00 20	0.35	1:40	4:45	3	0:13	12	0:20	7.00	30:55	4:25	3	2:32	8	4:47
00 21	0.35	1:39	4:42	3	0:11	13	0:18	7.35	32:34	4:25	3	2:43	8	5:05
00 22	0.35	1:40	4:45	3	0:09	13	0:19	7.70	34:14	4:26	3	2:52	8	5:24
00 23	0.35	1:39	4:42	3	0:11	10	0:17	8.05	35:53	4:27	3	3:03	8	5:41
00 24	0.35	1:39	4:42	3	0:09	9	0:17	8.40	37:32	4:28	3	3:12	8	5:58
00 25	0.35	1:39	4:42	3	0:10	11	0:17	8.75	39:11	4:28	3	3:22	8	6:15
00 26	0.35	1:40	4:45	3	0:11	11	0:19	9.10	40:51	4:29	3	3:33	8	6:34
00 27	0.35	1:39	4:42	3	0:10	10	0:16	9.45	42:30	4:29	3	3:43	8	6:50
00 28	0.35	1:39	4:42	3	0:11	10	0:15	9.80	44:09	4:30	3	3:54	8	7:05
00 29	0.35	1:39	4:42	3	0:11	10	0:17	10.15	45:48	4:30	3	4:05	8	7:22
00 30	0.35	1:39	4:42	3	0:11	11	0:17	10.50	47:27	4:31	3	4:16	8	7:39



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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	1:41	4:48	3	0:12	12	0:19	10.85	49:08	4:31	3	4:28	8	7:58
00 32	0.35	1:38	4:40	3	0:07	10	0:17	11.20	50:46	4:31	3	4:35	9	8:15
00 33	0.35	1:37	4:37	3	0:07	11	0:16	11.55	52:23	4:32	3	4:41	9	8:31
00 34	0.35	1:39	4:42	3	0:09	12	0:18	11.90	54:02	4:32	3	4:50	9	8:49
00 35	0.35	1:40	4:45	3	0:11	12	0:20	12.25	55:42	4:32	3	5:01	10	9:09
00 36	0.35	1:39	4:42	3	0:07	11	0:18	12.60	57:21	4:33	3	5:08	10	9:27
00 37	0.35	1:38	4:40	3	0:08	13	0:18	12.95	58:59	4:33	3	5:16	10	9:45