



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

Arnstadt / 20.03.2024

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Thomas Krüger

00: N3 Sportverein

00: 56

00: 0.35 km/00

Stundenlauf

0000:

Senioren M35 (35-39)

000: 59:30

00: 11.09 km/h

0000: 5:18 min/km

0: 32 (11.2 km)

00000/0: 22 (of 36)

00000: 4(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	1:48	5:08	4	0:31	24	0:43	0.35	1:48	5:08	4	0:31	24	0:43
00 2	0.35	1:46	5:02	4	0:25	22	0:33	0.70	3:34	5:05	4	0:56	24	1:16
00 3	0.35	1:48	5:08	5	0:23	23	0:31	1.05	5:22	5:06	4	1:19	24	1:47
00 4	0.35	1:48	5:08	5	0:24	22	0:31	1.40	7:10	5:07	5	1:43	25	2:18
00 5	0.35	1:50	5:14	5	0:26	24	0:32	1.75	9:00	5:08	5	2:09	25	2:50
00 6	0.35	1:49	5:11	5	0:25	24	0:30	2.10	10:49	5:09	5	2:34	25	3:20
00 7	0.35	1:54	5:25	5	0:29	26	0:34	2.45	12:43	5:11	5	3:03	25	3:54
00 8	0.35	1:52	5:20	4	0:29	25	0:32	2.80	14:35	5:12	5	3:32	25	4:26
00 9	0.35	1:55	5:28	5	0:27	26	0:35	3.15	16:30	5:14	5	3:59	25	5:01
00 10	0.35	1:57	5:34	5	0:32	27	0:37	3.50	18:27	5:16	5	4:31	25	5:38
00 11	0.35	1:55	5:28	4	0:30	25	0:35	3.85	20:22	5:17	5	5:01	25	6:13
00 12	0.35	1:57	5:34	4	0:32	25	0:39	4.20	22:19	5:18	5	5:33	25	6:52
00 13	0.35	1:53	5:22	4	0:28	23	0:33	4.55	24:12	5:19	5	6:01	25	7:25
00 14	0.35	1:54	5:25	4	0:29	24	0:35	4.90	26:06	5:19	4	6:30	24	8:00
00 15	0.35	1:51	5:17	4	0:26	22	0:30	5.25	27:57	5:19	4	6:56	24	8:30
00 16	0.35	1:52	5:20	4	0:29	23	0:32	5.60	29:49	5:19	4	7:25	24	9:02
00 17	0.35	1:49	5:11	4	0:24	22	0:28	5.95	31:38	5:18	4	7:49	24	9:30
00 18	0.35	1:52	5:20	4	0:20	23	0:33	6.30	33:30	5:19	4	8:07	24	10:03
00 19	0.35	1:52	5:20	4	0:21	22	0:31	6.65	35:22	5:19	4	8:26	24	10:34
00 20	0.35	1:56	5:31	4	0:29	23	0:36	7.00	37:18	5:19	4	8:55	23	11:10
00 21	0.35	1:55	5:28	4	0:27	23	0:34	7.35	39:13	5:20	4	9:22	23	11:44
00 22	0.35	1:52	5:20	4	0:21	21	0:31	7.70	41:05	5:20	4	9:43	23	12:15
00 23	0.35	1:52	5:20	4	0:24	21	0:30	8.05	42:57	5:20	4	10:07	23	12:45
00 24	0.35	1:54	5:25	4	0:24	20	0:32	8.40	44:51	5:20	4	10:31	23	13:17
00 25	0.35	1:52	5:20	4	0:23	21	0:30	8.75	46:43	5:20	4	10:54	23	13:47
00 26	0.35	1:52	5:20	4	0:23	21	0:31	9.10	48:35	5:20	4	11:17	23	14:18
00 27	0.35	1:53	5:22	4	0:24	21	0:30	9.45	50:28	5:20	4	11:41	23	14:48
00 28	0.35	1:53	5:22	5	0:25	23	0:29	9.80	52:21	5:20	4	12:06	23	15:17
00 29	0.35	1:51	5:17	5	0:23	22	0:29	10.15	54:12	5:20	4	12:29	23	15:46
00 30	0.35	1:50	5:14	6	0:22	25	0:28	10.50	56:02	5:20	4	12:51	23	16:14



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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	1:45	5:00	4	0:16	16	0:23	10.85	57:47	5:19	4	13:07	22	16:37
00 32	0.35	1:43	4:54	4	0:12	15	0:22	11.20	59:30	5:18	4	13:19	22	16:59