



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

Arnstadt / 20.03.2024

0000

Andreas Fleck

00: Flutschfinger k.e.V.

00: 35

00: 0.35 km/00

Stundenlauf

0000:

Senioren M35 (35-39)

000: 58:56

00: 10.18 km/h

0000: 5:36 min/km

0: 30 (10.5 km)

00000/0: 25 (of 36)

00000: 5(of 7)

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0000

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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 | 2:03 | 5:51 | 6 | 0:46 | 31 | 0:58 | 0.35 | 2:03 | 5:51 | 6 | 0:46 | 31 | 0:58 |
| 00 2 | 0.35 | 1:59 | 5:40 | 6 | 0:38 | 31 | 0:46 | 0.70 | 4:02 | 5:45 | 6 | 1:24 | 32 | 1:44 |
| 00 3 | 0.35 | 1:57 | 5:34 | 6 | 0:32 | 29 | 0:40 | 1.05 | 5:59 | 5:41 | 6 | 1:56 | 31 | 2:24 |
| 00 4 | 0.35 | 1:58 | 5:37 | 6 | 0:34 | 30 | 0:41 | 1.40 | 7:57 | 5:40 | 6 | 2:30 | 31 | 3:05 |
| 00 5 | 0.35 | 1:54 | 5:25 | 6 | 0:30 | 27 | 0:36 | 1.75 | 9:51 | 5:37 | 6 | 3:00 | 30 | 3:41 |
| 00 6 | 0.35 | 1:54 | 5:25 | 6 | 0:30 | 27 | 0:35 | 2.10 | 11:45 | 5:35 | 6 | 3:30 | 30 | 4:16 |
| 00 7 | 0.35 | 1:54 | 5:25 | 5 | 0:29 | 26 | 0:34 | 2.45 | 13:39 | 5:34 | 6 | 3:59 | 28 | 4:50 |
| 00 8 | 0.35 | 1:56 | 5:31 | 6 | 0:33 | 29 | 0:36 | 2.80 | 15:35 | 5:33 | 6 | 4:32 | 28 | 5:26 |
| 00 9 | 0.35 | 1:57 | 5:34 | 6 | 0:29 | 27 | 0:37 | 3.15 | 17:32 | 5:33 | 6 | 5:01 | 28 | 6:03 |
| 00 10 | 0.35 | 1:53 | 5:22 | 4 | 0:28 | 24 | 0:33 | 3.50 | 19:25 | 5:32 | 6 | 5:29 | 28 | 6:36 |
| 00 11 | 0.35 | 1:58 | 5:37 | 5 | 0:33 | 26 | 0:38 | 3.85 | 21:23 | 5:33 | 6 | 6:02 | 28 | 7:14 |
| 00 12 | 0.35 | 1:58 | 5:37 | 5 | 0:33 | 26 | 0:40 | 4.20 | 23:21 | 5:33 | 6 | 6:35 | 28 | 7:54 |
| 00 13 | 0.35 | 1:58 | 5:37 | 5 | 0:33 | 27 | 0:38 | 4.55 | 25:19 | 5:33 | 6 | 7:08 | 28 | 8:32 |
| 00 14 | 0.35 | 1:57 | 5:34 | 5 | 0:32 | 26 | 0:38 | 4.90 | 27:16 | 5:33 | 6 | 7:40 | 28 | 9:10 |
| 00 15 | 0.35 | 1:57 | 5:34 | 5 | 0:32 | 25 | 0:36 | 5.25 | 29:13 | 5:33 | 6 | 8:12 | 28 | 9:46 |
| 00 16 | 0.35 | 1:56 | 5:31 | 5 | 0:33 | 26 | 0:36 | 5.60 | 31:09 | 5:33 | 6 | 8:45 | 29 | 10:22 |
| 00 17 | 0.35 | 1:57 | 5:34 | 5 | 0:32 | 26 | 0:36 | 5.95 | 33:06 | 5:33 | 6 | 9:17 | 28 | 10:58 |
| 00 18 | 0.35 | 2:01 | 5:45 | 5 | 0:29 | 26 | 0:42 | 6.30 | 35:07 | 5:34 | 6 | 9:44 | 28 | 11:40 |
| 00 19 | 0.35 | 2:02 | 5:48 | 5 | 0:31 | 27 | 0:41 | 6.65 | 37:09 | 5:35 | 6 | 10:13 | 28 | 12:21 |
| 00 20 | 0.35 | 2:06 | 6:00 | 5 | 0:39 | 28 | 0:46 | 7.00 | 39:15 | 5:36 | 6 | 10:52 | 27 | 13:07 |
| 00 21 | 0.35 | 2:00 | 5:42 | 5 | 0:32 | 25 | 0:39 | 7.35 | 41:15 | 5:36 | 6 | 11:24 | 27 | 13:46 |
| 00 22 | 0.35 | 2:03 | 5:51 | 5 | 0:32 | 25 | 0:42 | 7.70 | 43:18 | 5:37 | 6 | 11:56 | 27 | 14:28 |
| 00 23 | 0.35 | 1:59 | 5:40 | 5 | 0:31 | 25 | 0:37 | 8.05 | 45:17 | 5:37 | 5 | 12:27 | 25 | 15:05 |
| 00 24 | 0.35 | 2:02 | 5:48 | 5 | 0:32 | 25 | 0:40 | 8.40 | 47:19 | 5:37 | 5 | 12:59 | 25 | 15:45 |
| 00 25 | 0.35 | 2:05 | 5:57 | 5 | 0:36 | 26 | 0:43 | 8.75 | 49:24 | 5:38 | 5 | 13:35 | 25 | 16:28 |
| 00 26 | 0.35 | 2:09 | 6:08 | 5 | 0:40 | 28 | 0:48 | 9.10 | 51:33 | 5:39 | 5 | 14:15 | 25 | 17:16 |
| 00 27 | 0.35 | 1:56 | 5:31 | 5 | 0:27 | 24 | 0:33 | 9.45 | 53:29 | 5:39 | 5 | 14:42 | 25 | 17:49 |
| 00 28 | 0.35 | 1:52 | 5:20 | 4 | 0:24 | 22 | 0:28 | 9.80 | 55:21 | 5:38 | 5 | 15:06 | 25 | 18:17 |
| 00 29 | 0.35 | 1:48 | 5:08 | 4 | 0:20 | 18 | 0:26 | 10.15 | 57:09 | 5:37 | 5 | 15:26 | 25 | 18:43 |
| 00 30 | 0.35 | 1:47 | 5:05 | 4 | 0:19 | 19 | 0:25 | 10.50 | 58:56 | 5:36 | 5 | 15:45 | 25 | 19:08 |