



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

Arnstadt / 20.03.2024

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Rico Bechmann

00: VfB Torpedo Ichtershausen

00: 45

00: 0.35 km/00

Stundenlauf

0000:

Senioren M40 (40-44)

000: 59:50

00: 15.04 km/h

0000: 3:47 min/km

0: 45 (15.75 km)

00000/0: 1 (of 36)

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	1:05	3:05	1	-	1	-	0.35	1:05	3:05	1	-	1	-
00 2	0.35	1:13	3:28	1	-	1	-	0.70	2:18	3:17	1	-	1	-
00 3	0.35	1:17	3:40	1	-	1	-	1.05	3:35	3:24	1	-	1	-
00 4	0.35	1:17	3:40	1	-	1	-	1.40	4:52	3:28	1	-	1	-
00 5	0.35	1:18	3:42	1	-	1	-	1.75	6:10	3:31	1	-	1	-
00 6	0.35	1:19	3:45	1	-	1	-	2.10	7:29	3:33	1	-	1	-
00 7	0.35	1:20	3:48	1	-	1	-	2.45	8:49	3:35	1	-	1	-
00 8	0.35	1:20	3:48	1	-	1	-	2.80	10:09	3:37	1	-	1	-
00 9	0.35	1:20	3:48	1	-	1	-	3.15	11:29	3:38	1	-	1	-
00 10	0.35	1:20	3:48	1	-	1	-	3.50	12:49	3:39	1	-	1	-
00 11	0.35	1:20	3:48	1	-	1	-	3.85	14:09	3:40	1	-	1	-
00 12	0.35	1:18	3:42	1	-	1	-	4.20	15:27	3:40	1	-	1	-
00 13	0.35	1:20	3:48	1	-	1	-	4.55	16:47	3:41	1	-	1	-
00 14	0.35	1:19	3:45	1	-	1	-	4.90	18:06	3:41	1	-	1	-
00 15	0.35	1:21	3:51	1	-	1	-	5.25	19:27	3:42	1	-	1	-
00 16	0.35	1:20	3:48	1	-	1	-	5.60	20:47	3:42	1	-	1	-
00 17	0.35	1:21	3:51	1	-	1	-	5.95	22:08	3:43	1	-	1	-
00 18	0.35	1:19	3:45	1	-	1	-	6.30	23:27	3:43	1	-	1	-
00 19	0.35	1:21	3:51	1	-	1	-	6.65	24:48	3:43	1	-	1	-
00 20	0.35	1:20	3:48	1	-	1	-	7.00	26:08	3:44	1	-	1	-
00 21	0.35	1:21	3:51	1	-	1	-	7.35	27:29	3:44	1	-	1	-
00 22	0.35	1:21	3:51	1	-	1	-	7.70	28:50	3:44	1	-	1	-
00 23	0.35	1:22	3:54	1	-	1	-	8.05	30:12	3:45	1	-	1	-
00 24	0.35	1:22	3:54	1	-	1	-	8.40	31:34	3:45	1	-	1	-
00 25	0.35	1:22	3:54	1	-	1	-	8.75	32:56	3:45	1	-	1	-
00 26	0.35	1:21	3:51	1	-	1	-	9.10	34:17	3:46	1	-	1	-
00 27	0.35	1:23	3:57	1	-	1	-	9.45	35:40	3:46	1	-	1	-
00 28	0.35	1:24	4:00	1	-	1	-	9.80	37:04	3:46	1	-	1	-
00 29	0.35	1:22	3:54	1	-	1	-	10.15	38:26	3:47	1	-	1	-
00 30	0.35	1:22	3:54	1	-	1	-	10.50	39:48	3:47	1	-	1	-



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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	1:22	3:54	1	-	1	-	10.85	41:10	3:47	1	-	1	-
00 32	0.35	1:21	3:51	1	-	1	-	11.20	42:31	3:47	1	-	1	-
00 33	0.35	1:21	3:51	1	-	1	-	11.55	43:52	3:47	1	-	1	-
00 34	0.35	1:21	3:51	1	-	1	-	11.90	45:13	3:47	1	-	1	-
00 35	0.35	1:20	3:48	1	-	1	-	12.25	46:33	3:47	1	-	1	-
00 36	0.35	1:21	3:51	1	-	1	-	12.60	47:54	3:48	1	-	1	-
00 37	0.35	1:20	3:48	1	-	1	-	12.95	49:14	3:48	1	-	1	-
00 38	0.35	1:22	3:54	1	-	1	-	13.30	50:36	3:48	1	-	1	-
00 39	0.35	1:22	3:54	1	-	1	-	13.65	51:58	3:48	1	-	1	-
00 40	0.35	1:21	3:51	1	-	1	-	14.00	53:19	3:48	1	-	1	-
00 41	0.35	1:20	3:48	1	-	1	-	14.35	54:39	3:48	1	-	1	-
00 42	0.35	1:19	3:45	1	-	1	-	14.70	55:58	3:48	1	-	1	-
00 43	0.35	1:20	3:48	1	-	1	-	15.05	57:18	3:48	1	-	1	-
00 44	0.35	1:16	3:37	1	-	1	-	15.40	58:34	3:48	1	-	1	-
00 45	0.35	1:16	3:37	1	-	1	-	15.75	59:50	3:47	1	-	1	-