



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

Arnstadt / 20.03.2024

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Tom Brück

00: Langstrecke Arnstadt

00: 48

00: 0.35 km/00

Stundenlauf

0000:

Senioren M40 (40-44)

000: 59:55

00: 13.02 km/h

0000: 4:23 min/km

0: 39 (13.65 km)

00000/0: 7 (of 36)

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



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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	1:37	4:37	4	0:15	8	0:15	10.85	47:29	4:22	3	6:19	7	6:19
00 32	0.35	1:37	4:37	4	0:16	9	0:16	11.20	49:06	4:23	3	6:35	7	6:35
00 33	0.35	1:36	4:34	4	0:15	10	0:15	11.55	50:42	4:23	3	6:50	7	6:50
00 34	0.35	1:36	4:34	4	0:15	9	0:15	11.90	52:18	4:23	3	7:05	7	7:05
00 35	0.35	1:36	4:34	4	0:16	8	0:16	12.25	53:54	4:23	3	7:21	7	7:21
00 36	0.35	1:36	4:34	4	0:15	10	0:15	12.60	55:30	4:24	3	7:36	7	7:36
00 37	0.35	1:33	4:25	4	0:13	9	0:13	12.95	57:03	4:24	3	7:49	7	7:49
00 38	0.35	1:30	4:17	3	0:08	5	0:08	13.30	58:33	4:24	3	7:57	7	7:57
00 39	0.35	1:22	3:54	1	-	1	-	13.65	59:55	4:23	3	7:57	7	7:57