



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

Arnstadt / 20.03.2024

□□□□

Marcel Köpke

□□□: 29:24

□□: 84

□□: 13.57 km/h

□□: 0.35 km/□□

□□□□: 4:25 min/km

Stundenlauf

□: 19 (6.65 km)

□□□□:

□□□□□/□: 36 (of 36)

Senioren M40 (40-44)

□□□□□: 7(of 7)

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 0.35 | 1:29 | 4:14 | 5 | 0:24 | 11 | 0:24 | 0.35 | 1:29 | 4:14 | 5 | 0:24 | 11 | 0:24 |
| □□ 2 | 0.35 | 1:31 | 4:19 | 3 | 0:18 | 9 | 0:18 | 0.70 | 3:00 | 4:17 | 5 | 0:42 | 11 | 0:42 |
| □□ 3 | 0.35 | 1:30 | 4:17 | 3 | 0:13 | 8 | 0:13 | 1.05 | 4:30 | 4:17 | 4 | 0:55 | 10 | 0:55 |
| □□ 4 | 0.35 | 1:31 | 4:19 | 4 | 0:14 | 11 | 0:14 | 1.40 | 6:01 | 4:17 | 4 | 1:09 | 10 | 1:09 |
| □□ 5 | 0.35 | 1:30 | 4:17 | 3 | 0:12 | 9 | 0:12 | 1.75 | 7:31 | 4:17 | 4 | 1:21 | 10 | 1:21 |
| □□ 6 | 0.35 | 1:30 | 4:17 | 3 | 0:11 | 10 | 0:11 | 2.10 | 9:01 | 4:17 | 4 | 1:32 | 10 | 1:32 |
| □□ 7 | 0.35 | 1:30 | 4:17 | 4 | 0:10 | 9 | 0:10 | 2.45 | 10:31 | 4:17 | 4 | 1:42 | 10 | 1:42 |
| □□ 8 | 0.35 | 1:31 | 4:19 | 4 | 0:11 | 9 | 0:11 | 2.80 | 12:02 | 4:17 | 4 | 1:53 | 10 | 1:53 |
| □□ 9 | 0.35 | 1:32 | 4:22 | 4 | 0:12 | 11 | 0:12 | 3.15 | 13:34 | 4:18 | 4 | 2:05 | 10 | 2:05 |
| □□ 10 | 0.35 | 1:34 | 4:28 | 4 | 0:14 | 9 | 0:14 | 3.50 | 15:08 | 4:19 | 4 | 2:19 | 10 | 2:19 |
| □□ 11 | 0.35 | 1:31 | 4:19 | 2 | 0:11 | 6 | 0:11 | 3.85 | 16:39 | 4:19 | 4 | 2:30 | 9 | 2:30 |
| □□ 12 | 0.35 | 1:31 | 4:19 | 3 | 0:13 | 7 | 0:13 | 4.20 | 18:10 | 4:19 | 4 | 2:43 | 9 | 2:43 |
| □□ 13 | 0.35 | 1:31 | 4:19 | 3 | 0:11 | 6 | 0:11 | 4.55 | 19:41 | 4:19 | 4 | 2:54 | 9 | 2:54 |
| □□ 14 | 0.35 | 1:32 | 4:22 | 4 | 0:13 | 8 | 0:13 | 4.90 | 21:13 | 4:19 | 4 | 3:07 | 9 | 3:07 |
| □□ 15 | 0.35 | 1:34 | 4:28 | 4 | 0:13 | 8 | 0:13 | 5.25 | 22:47 | 4:20 | 4 | 3:20 | 9 | 3:20 |
| □□ 16 | 0.35 | 1:35 | 4:31 | 4 | 0:15 | 8 | 0:15 | 5.60 | 24:22 | 4:21 | 4 | 3:35 | 9 | 3:35 |
| □□ 17 | 0.35 | 1:37 | 4:37 | 4 | 0:16 | 11 | 0:16 | 5.95 | 25:59 | 4:22 | 4 | 3:51 | 9 | 3:51 |
| □□ 18 | 0.35 | 1:41 | 4:48 | 5 | 0:22 | 14 | 0:22 | 6.30 | 27:40 | 4:23 | 4 | 4:13 | 9 | 4:13 |
| □□ 19 | 0.35 | 1:44 | 4:57 | 6 | 0:23 | 17 | 0:23 | 6.65 | 29:24 | 4:25 | 4 | 4:36 | 9 | 4:36 |