



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

Arnstadt / 20.03.2024

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Henrik Stutzig

000: 58:45

00: 69

00: 13.28 km/h

00: 0.35 km/00

0000: 4:18 min/km

Stundenlauf

0: 39 (13.65 km)

0000:

00000/0: 6 (of 36)

Senioren M45 (45-49)

00000: 1(of 5)

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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	2	0:01	9	0:23	0.35	1:28	4:11	2	0:01	9	0:23
00 2	0.35	1:25	4:02	1	-	5	0:12	0.70	2:53	4:07	1	-	6	0:35
00 3	0.35	1:25	4:02	1	-	3	0:08	1.05	4:18	4:05	1	-	6	0:43
00 4	0.35	1:26	4:05	1	-	4	0:09	1.40	5:44	4:05	1	-	5	0:52
00 5	0.35	1:27	4:08	1	-	4	0:09	1.75	7:11	4:06	1	-	5	1:01
00 6	0.35	1:28	4:11	1	-	4	0:09	2.10	8:39	4:07	1	-	5	1:10
00 7	0.35	1:29	4:14	1	-	5	0:09	2.45	10:08	4:08	1	-	5	1:19
00 8	0.35	1:28	4:11	1	-	4	0:08	2.80	11:36	4:08	1	-	4	1:27
00 9	0.35	1:27	4:08	1	-	3	0:07	3.15	13:03	4:08	1	-	4	1:34
00 10	0.35	1:29	4:14	1	-	5	0:09	3.50	14:32	4:09	1	-	4	1:43
00 11	0.35	1:30	4:17	1	-	5	0:10	3.85	16:02	4:09	1	-	4	1:53
00 12	0.35	1:29	4:14	1	-	4	0:11	4.20	17:31	4:10	1	-	4	2:04
00 13	0.35	1:30	4:17	1	-	5	0:10	4.55	19:01	4:10	1	-	4	2:14
00 14	0.35	1:31	4:19	1	-	6	0:12	4.90	20:32	4:11	1	-	4	2:26
00 15	0.35	1:30	4:17	1	-	5	0:09	5.25	22:02	4:11	1	-	4	2:35
00 16	0.35	1:30	4:17	1	-	6	0:10	5.60	23:32	4:12	1	-	4	2:45
00 17	0.35	1:30	4:17	1	-	5	0:09	5.95	25:02	4:12	1	-	4	2:54
00 18	0.35	1:32	4:22	1	-	4	0:13	6.30	26:34	4:13	1	-	4	3:07
00 19	0.35	1:32	4:22	1	-	5	0:11	6.65	28:06	4:13	1	-	4	3:18
00 20	0.35	1:30	4:17	1	-	4	0:10	7.00	29:36	4:13	1	-	4	3:28
00 21	0.35	1:30	4:17	1	-	4	0:09	7.35	31:06	4:13	1	-	4	3:37
00 22	0.35	1:31	4:19	1	-	3	0:10	7.70	32:37	4:14	1	-	4	3:47
00 23	0.35	1:31	4:19	1	-	4	0:09	8.05	34:08	4:14	1	-	4	3:56
00 24	0.35	1:31	4:19	1	-	4	0:09	8.40	35:39	4:14	1	-	4	4:05
00 25	0.35	1:31	4:19	1	-	5	0:09	8.75	37:10	4:14	1	-	4	4:14
00 26	0.35	1:32	4:22	1	-	5	0:11	9.10	38:42	4:15	1	-	4	4:25
00 27	0.35	1:32	4:22	1	-	5	0:09	9.45	40:14	4:15	1	-	4	4:34
00 28	0.35	1:32	4:22	1	-	5	0:08	9.80	41:46	4:15	1	-	4	4:42
00 29	0.35	1:32	4:22	1	-	6	0:10	10.15	43:18	4:15	1	-	4	4:52
00 30	0.35	1:33	4:25	1	-	6	0:11	10.50	44:51	4:16	1	-	4	5:03



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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	1:33	4:25	1	-	6	0:11	10.85	46:24	4:16	1	-	4	5:14
00 32	0.35	1:31	4:19	1	-	4	0:10	11.20	47:55	4:16	1	-	4	5:24
00 33	0.35	1:30	4:17	1	-	3	0:09	11.55	49:25	4:16	1	-	4	5:33
00 34	0.35	1:31	4:19	1	-	6	0:10	11.90	50:56	4:16	1	-	5	5:43
00 35	0.35	1:31	4:19	1	-	5	0:11	12.25	52:27	4:16	1	-	5	5:54
00 36	0.35	1:32	4:22	1	-	5	0:11	12.60	53:59	4:17	1	-	5	6:05
00 37	0.35	1:33	4:25	1	-	9	0:13	12.95	55:32	4:17	1	-	6	6:18
00 38	0.35	1:36	4:34	1	-	7	0:14	13.30	57:08	4:17	1	-	6	6:32
00 39	0.35	1:37	4:37	1	-	7	0:15	13.65	58:45	4:18	1	-	6	6:47