



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

Arnstadt / 20.03.2024

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Carsten Klütsch

00: RSV Adler Arnstadt

00: 54

00: 0.35 km/00

Stundenlauf

0000:

Senioren M45 (45-49)

000: 59:26

00: 11.10 km/h

0000: 4:59 min/km

0: 34 (11.9 km)

00000/0: 16 (of 36)

00000: 3(of 5)

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



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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	1:47	5:05	3	0:14	19	0:25	10.85	54:08	4:59	3	7:44	16	12:58
00 32	0.35	1:47	5:05	4	0:16	20	0:26	11.20	55:55	4:59	3	8:00	16	13:24
00 33	0.35	1:47	5:05	4	0:17	19	0:26	11.55	57:42	4:59	3	8:17	16	13:50
00 34	0.35	1:44	4:57	4	0:13	17	0:23	11.90	59:26	4:59	3	8:30	16	14:13