



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

Arnstadt / 20.03.2024

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Norman Winkler

□□: Laufladen Erfurt OCR Team

□□: 76

□□: 0.35 km/□□

Stundenlauf

□□□□:

Senioren M45 (45-49)

□□□: 59:56

□□: 11.01 km/h

□□□□: 5:02 min/km

□: 34 (11.9 km)

□□□□□/□: 19 (of 36)

□□□□□: 4(of 5)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	0.35	1:40	4:45	3	0:13	17	0:35	0.35	1:40	4:45	3	0:13	17	0:35
□□ 2	0.35	1:42	4:51	4	0:17	19	0:29	0.70	3:22	4:48	4	0:29	19	1:04
□□ 3	0.35	1:42	4:51	4	0:17	19	0:25	1.05	5:04	4:49	4	0:46	19	1:29
□□ 4	0.35	1:43	4:54	4	0:17	19	0:26	1.40	6:47	4:50	4	1:03	19	1:55
□□ 5	0.35	1:46	5:02	4	0:19	20	0:28	1.75	8:33	4:53	4	1:22	19	2:23
□□ 6	0.35	1:44	4:57	4	0:16	18	0:25	2.10	10:17	4:53	4	1:38	18	2:48
□□ 7	0.35	1:44	4:57	4	0:15	18	0:24	2.45	12:01	4:54	4	1:53	18	3:12
□□ 8	0.35	1:45	5:00	4	0:17	18	0:25	2.80	13:46	4:55	4	2:10	18	3:37
□□ 9	0.35	1:44	4:57	4	0:17	18	0:24	3.15	15:30	4:55	4	2:27	18	4:01
□□ 10	0.35	1:45	5:00	4	0:16	18	0:25	3.50	17:15	4:55	4	2:43	18	4:26
□□ 11	0.35	1:47	5:05	4	0:17	19	0:27	3.85	19:02	4:56	4	3:00	18	4:53
□□ 12	0.35	1:46	5:02	4	0:17	18	0:28	4.20	20:48	4:57	4	3:17	18	5:21
□□ 13	0.35	1:47	5:05	4	0:17	20	0:27	4.55	22:35	4:57	4	3:34	18	5:48
□□ 14	0.35	1:47	5:05	4	0:16	20	0:28	4.90	24:22	4:58	4	3:50	18	6:16
□□ 15	0.35	1:48	5:08	4	0:18	21	0:27	5.25	26:10	4:59	4	4:08	18	6:43
□□ 16	0.35	1:49	5:11	4	0:19	20	0:29	5.60	27:59	4:59	4	4:27	18	7:12
□□ 17	0.35	1:47	5:05	4	0:17	20	0:26	5.95	29:46	5:00	4	4:44	18	7:38
□□ 18	0.35	1:47	5:05	4	0:15	19	0:28	6.30	31:33	5:00	4	4:59	18	8:06
□□ 19	0.35	1:47	5:05	4	0:15	21	0:26	6.65	33:20	5:00	4	5:14	18	8:32
□□ 20	0.35	1:49	5:11	4	0:19	20	0:29	7.00	35:09	5:01	4	5:33	18	9:01
□□ 21	0.35	1:45	5:00	3	0:15	17	0:24	7.35	36:54	5:01	4	5:48	18	9:25
□□ 22	0.35	1:47	5:05	4	0:16	18	0:26	7.70	38:41	5:01	4	6:04	18	9:51
□□ 23	0.35	1:47	5:05	3	0:16	17	0:25	8.05	40:28	5:01	4	6:20	18	10:16
□□ 24	0.35	1:48	5:08	4	0:17	18	0:26	8.40	42:16	5:01	4	6:37	18	10:42
□□ 25	0.35	1:48	5:08	4	0:17	19	0:26	8.75	44:04	5:02	4	6:54	18	11:08
□□ 26	0.35	1:49	5:11	4	0:17	19	0:28	9.10	45:53	5:02	4	7:11	18	11:36
□□ 27	0.35	1:50	5:14	4	0:18	20	0:27	9.45	47:43	5:02	4	7:29	19	12:03
□□ 28	0.35	1:50	5:14	4	0:18	19	0:26	9.80	49:33	5:03	4	7:47	19	12:29
□□ 29	0.35	1:50	5:14	4	0:18	21	0:28	10.15	51:23	5:03	4	8:05	19	12:57
□□ 30	0.35	1:46	5:02	3	0:13	17	0:24	10.50	53:09	5:03	4	8:18	19	13:21



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	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	54:56	5:03	4	8:32	19	13:46
00 32	0.35	1:45	5:00	3	0:14	18	0:24	11.20	56:41	5:03	4	8:46	19	14:10
00 33	0.35	1:44	4:57	3	0:14	15	0:23	11.55	58:25	5:03	4	9:00	19	14:33
00 34	0.35	1:31	4:19	1	-	6	0:10	11.90	59:56	5:02	4	9:00	19	14:43