



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

Arnstadt / 20.03.2024

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Jens Schmidt

00: LTV Erfurt

00: 63

00: 0.35 km/00

Stundenlauf

0000:

Senioren M50 (50-54)

000: 58:49

00: 13.21 km/h

0000: 4:32 min/km

0: 37 (12.95 km)

00000/0: 9 (of 36)

00000: 2(of 8)

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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	1:30	4:17	2	0:19	12	0:25	0.35	1:30	4:17	2	0:19	12	0:25
00 2	0.35	1:31	4:19	2	0:15	9	0:18	0.70	3:01	4:18	2	0:34	12	0:43
00 3	0.35	1:31	4:19	2	0:13	10	0:14	1.05	4:32	4:19	2	0:47	12	0:57
00 4	0.35	1:30	4:17	2	0:11	8	0:13	1.40	6:02	4:18	2	0:58	12	1:10
00 5	0.35	1:32	4:22	3	0:13	11	0:14	1.75	7:34	4:19	2	1:11	12	1:24
00 6	0.35	1:29	4:14	2	0:08	6	0:10	2.10	9:03	4:18	2	1:19	11	1:34
00 7	0.35	1:33	4:25	3	0:12	12	0:13	2.45	10:36	4:19	2	1:31	11	1:47
00 8	0.35	1:32	4:22	2	0:12	10	0:12	2.80	12:08	4:19	2	1:43	11	1:59
00 9	0.35	1:31	4:19	2	0:09	8	0:11	3.15	13:39	4:20	2	1:52	11	2:10
00 10	0.35	1:34	4:28	2	0:12	9	0:14	3.50	15:13	4:20	2	2:04	11	2:24
00 11	0.35	1:33	4:25	2	0:12	9	0:13	3.85	16:46	4:21	2	2:16	11	2:37
00 12	0.35	1:34	4:28	2	0:12	10	0:16	4.20	18:20	4:21	2	2:28	11	2:53
00 13	0.35	1:34	4:28	3	0:13	10	0:14	4.55	19:54	4:22	2	2:41	11	3:07
00 14	0.35	1:34	4:28	3	0:11	10	0:15	4.90	21:28	4:22	2	2:52	11	3:22
00 15	0.35	1:35	4:31	2	0:12	9	0:14	5.25	23:03	4:23	2	3:04	11	3:36
00 16	0.35	1:35	4:31	2	0:12	8	0:15	5.60	24:38	4:23	2	3:16	11	3:51
00 17	0.35	1:36	4:34	3	0:13	9	0:15	5.95	26:14	4:24	2	3:29	11	4:06
00 18	0.35	1:37	4:37	3	0:12	10	0:18	6.30	27:51	4:25	2	3:41	11	4:24
00 19	0.35	1:39	4:42	4	0:15	10	0:18	6.65	29:30	4:26	2	3:56	11	4:42
00 20	0.35	1:38	4:40	3	0:14	9	0:18	7.00	31:08	4:26	2	4:10	10	5:00
00 21	0.35	1:37	4:37	3	0:13	9	0:16	7.35	32:45	4:27	2	4:23	9	5:16
00 22	0.35	1:39	4:42	3	0:14	10	0:18	7.70	34:24	4:28	2	4:37	9	5:34
00 23	0.35	1:38	4:40	2	0:14	8	0:16	8.05	36:02	4:28	2	4:51	9	5:50
00 24	0.35	1:37	4:37	2	0:14	8	0:15	8.40	37:39	4:28	2	5:05	9	6:05
00 25	0.35	1:37	4:37	3	0:12	9	0:15	8.75	39:16	4:29	2	5:17	9	6:20
00 26	0.35	1:37	4:37	3	0:13	9	0:16	9.10	40:53	4:29	2	5:30	9	6:36
00 27	0.35	1:40	4:45	3	0:16	11	0:17	9.45	42:33	4:30	2	5:46	9	6:53
00 28	0.35	1:37	4:37	2	0:12	8	0:13	9.80	44:10	4:30	2	5:58	9	7:06
00 29	0.35	1:40	4:45	4	0:15	12	0:18	10.15	45:50	4:30	2	6:13	9	7:24
00 30	0.35	1:40	4:45	4	0:14	12	0:18	10.50	47:30	4:31	2	6:27	9	7:42



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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	1:38	4:40	2	0:14	9	0:16	10.85	49:08	4:31	2	6:41	8	7:58
00 32	0.35	1:36	4:34	2	0:11	7	0:15	11.20	50:44	4:31	2	6:52	8	8:13
00 33	0.35	1:38	4:40	4	0:16	12	0:17	11.55	52:22	4:32	2	7:08	8	8:30
00 34	0.35	1:38	4:40	2	0:15	10	0:17	11.90	54:00	4:32	2	7:23	8	8:47
00 35	0.35	1:37	4:37	2	0:13	9	0:17	12.25	55:37	4:32	2	7:36	8	9:04
00 36	0.35	1:35	4:31	3	0:12	9	0:14	12.60	57:12	4:32	2	7:48	9	9:18
00 37	0.35	1:37	4:37	4	0:13	12	0:17	12.95	58:49	4:32	2	8:01	9	9:35