



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

Arnstadt / 20.03.2024

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Arvid Senglaub

00: Die flinken Gerateler

00: 66

00: 0.35 km/00

Stundenlauf

0000:

Senioren M50 (50-54)

000: 59:31

00: 13.06 km/h

0000: 4:35 min/km

0: 37 (12.95 km)

00000/0: 11 (of 36)

00000: 3(of 8)

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
00 1	0.35	1:31	4:19	3	0:20	13	0:26	0.35	1:31	4:19	3	0:20	13	0:26
00 2	0.35	1:31	4:19	2	0:15	9	0:18	0.70	3:02	4:19	3	0:35	13	0:44
00 3	0.35	1:31	4:19	2	0:13	10	0:14	1.05	4:33	4:20	3	0:48	13	0:58
00 4	0.35	1:36	4:34	4	0:17	14	0:19	1.40	6:09	4:23	3	1:05	13	1:17
00 5	0.35	1:28	4:11	2	0:09	7	0:10	1.75	7:37	4:21	3	1:14	13	1:27
00 6	0.35	1:29	4:14	2	0:08	6	0:10	2.10	9:06	4:20	3	1:22	13	1:37
00 7	0.35	1:31	4:19	2	0:10	11	0:11	2.45	10:37	4:20	3	1:32	12	1:48
00 8	0.35	1:41	4:48	4	0:21	16	0:21	2.80	12:18	4:23	3	1:53	13	2:09
00 9	0.35	1:31	4:19	2	0:09	8	0:11	3.15	13:49	4:23	3	2:02	12	2:20
00 10	0.35	1:34	4:28	2	0:12	9	0:14	3.50	15:23	4:23	3	2:14	12	2:34
00 11	0.35	1:35	4:31	3	0:14	12	0:15	3.85	16:58	4:24	3	2:28	12	2:49
00 12	0.35	1:44	4:57	4	0:22	16	0:26	4.20	18:42	4:27	3	2:50	13	3:15
00 13	0.35	1:32	4:22	2	0:11	9	0:12	4.55	20:14	4:26	3	3:01	12	3:27
00 14	0.35	1:33	4:25	2	0:10	9	0:14	4.90	21:47	4:26	3	3:11	12	3:41
00 15	0.35	1:35	4:31	2	0:12	9	0:14	5.25	23:22	4:27	3	3:23	12	3:55
00 16	0.35	1:50	5:14	6	0:27	21	0:30	5.60	25:12	4:30	3	3:50	13	4:25
00 17	0.35	1:33	4:25	2	0:10	7	0:12	5.95	26:45	4:29	3	4:00	13	4:37
00 18	0.35	1:36	4:34	2	0:11	8	0:17	6.30	28:21	4:30	3	4:11	13	4:54
00 19	0.35	1:34	4:28	2	0:10	8	0:13	6.65	29:55	4:29	3	4:21	12	5:07
00 20	0.35	1:44	4:57	4	0:20	15	0:24	7.00	31:39	4:31	3	4:41	12	5:31
00 21	0.35	1:31	4:19	2	0:07	6	0:10	7.35	33:10	4:30	3	4:48	11	5:41
00 22	0.35	1:37	4:37	2	0:12	8	0:16	7.70	34:47	4:31	3	5:00	11	5:57
00 23	0.35	1:38	4:40	2	0:14	8	0:16	8.05	36:25	4:31	3	5:14	11	6:13
00 24	0.35	1:56	5:31	6	0:33	23	0:34	8.40	38:21	4:33	3	5:47	12	6:47
00 25	0.35	1:34	4:28	2	0:09	7	0:12	8.75	39:55	4:33	3	5:56	12	6:59
00 26	0.35	1:35	4:31	2	0:11	8	0:14	9.10	41:30	4:33	3	6:07	12	7:13
00 27	0.35	1:37	4:37	2	0:13	9	0:14	9.45	43:07	4:33	3	6:20	12	7:27
00 28	0.35	1:51	5:17	6	0:26	20	0:27	9.80	44:58	4:35	3	6:46	12	7:54
00 29	0.35	1:37	4:37	2	0:12	8	0:15	10.15	46:35	4:35	3	6:58	12	8:09
00 30	0.35	1:38	4:40	2	0:12	9	0:16	10.50	48:13	4:35	3	7:10	12	8:25



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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	1:39	4:42	3	0:15	10	0:17	10.85	49:52	4:35	3	7:25	12	8:42
00 32	0.35	1:39	4:42	4	0:14	12	0:18	11.20	51:31	4:35	3	7:39	12	9:00
00 33	0.35	1:34	4:28	2	0:12	7	0:13	11.55	53:05	4:35	3	7:51	12	9:13
00 34	0.35	1:40	4:45	4	0:17	14	0:19	11.90	54:45	4:36	3	8:08	12	9:32
00 35	0.35	1:39	4:42	4	0:15	11	0:19	12.25	56:24	4:36	3	8:23	12	9:51
00 36	0.35	1:39	4:42	4	0:16	11	0:18	12.60	58:03	4:36	3	8:39	12	10:09
00 37	0.35	1:28	4:11	2	0:04	3	0:08	12.95	59:31	4:35	3	8:43	11	10:17