



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

Arnstadt / 20.03.2024

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Martin Gruss

000: 59:49

00: 38

00: 12.04 km/h

00: 0.35 km/00

0000: 4:37 min/km

Stundenlauf

0: 37 (12.95 km)

0000:

00000/0: 13 (of 36)

Senioren M50 (50-54)

00000: 4(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	1:41	4:48	5	0:30	19	0:36	0.35	1:41	4:48	5	0:30	19	0:36
00 2	0.35	1:34	4:28	4	0:18	16	0:21	0.70	3:15	4:38	4	0:48	16	0:57
00 3	0.35	1:34	4:28	4	0:16	14	0:17	1.05	4:49	4:35	4	1:04	16	1:14
00 4	0.35	1:33	4:25	3	0:14	13	0:16	1.40	6:22	4:32	4	1:18	15	1:30
00 5	0.35	1:32	4:22	3	0:13	11	0:14	1.75	7:54	4:30	4	1:31	14	1:44
00 6	0.35	1:36	4:34	4	0:15	14	0:17	2.10	9:30	4:31	4	1:46	14	2:01
00 7	0.35	1:34	4:28	4	0:13	13	0:14	2.45	11:04	4:31	4	1:59	14	2:15
00 8	0.35	1:36	4:34	3	0:16	13	0:16	2.80	12:40	4:31	4	2:15	14	2:31
00 9	0.35	1:34	4:28	4	0:12	13	0:14	3.15	14:14	4:31	4	2:27	14	2:45
00 10	0.35	1:38	4:40	4	0:16	14	0:18	3.50	15:52	4:31	4	2:43	14	3:03
00 11	0.35	1:38	4:40	4	0:17	14	0:18	3.85	17:30	4:32	4	3:00	14	3:21
00 12	0.35	1:39	4:42	3	0:17	13	0:21	4.20	19:09	4:33	4	3:17	14	3:42
00 13	0.35	1:35	4:31	4	0:14	11	0:15	4.55	20:44	4:33	4	3:31	14	3:57
00 14	0.35	1:36	4:34	4	0:13	12	0:17	4.90	22:20	4:33	4	3:44	14	4:14
00 15	0.35	1:38	4:40	4	0:15	12	0:17	5.25	23:58	4:33	4	3:59	14	4:31
00 16	0.35	1:38	4:40	3	0:15	12	0:18	5.60	25:36	4:34	4	4:14	14	4:49
00 17	0.35	1:38	4:40	4	0:15	12	0:17	5.95	27:14	4:34	4	4:29	14	5:06
00 18	0.35	1:38	4:40	4	0:13	11	0:19	6.30	28:52	4:34	4	4:42	14	5:25
00 19	0.35	1:37	4:37	3	0:13	9	0:16	6.65	30:29	4:35	4	4:55	14	5:41
00 20	0.35	1:37	4:37	2	0:13	8	0:17	7.00	32:06	4:35	4	5:08	13	5:58
00 21	0.35	1:38	4:40	4	0:14	11	0:17	7.35	33:44	4:35	4	5:22	13	6:15
00 22	0.35	1:39	4:42	3	0:14	10	0:18	7.70	35:23	4:35	4	5:36	13	6:33
00 23	0.35	1:39	4:42	4	0:15	10	0:17	8.05	37:02	4:36	4	5:51	13	6:50
00 24	0.35	1:42	4:51	3	0:19	12	0:20	8.40	38:44	4:36	4	6:10	13	7:10
00 25	0.35	1:40	4:45	4	0:15	12	0:18	8.75	40:24	4:37	4	6:25	13	7:28
00 26	0.35	1:41	4:48	4	0:17	12	0:20	9.10	42:05	4:37	4	6:42	13	7:48
00 27	0.35	1:41	4:48	4	0:17	12	0:18	9.45	43:46	4:37	4	6:59	13	8:06
00 28	0.35	1:39	4:42	3	0:14	10	0:15	9.80	45:25	4:38	4	7:13	13	8:21
00 29	0.35	1:39	4:42	3	0:14	10	0:17	10.15	47:04	4:38	4	7:27	13	8:38
00 30	0.35	1:38	4:40	2	0:12	9	0:16	10.50	48:42	4:38	4	7:39	13	8:54



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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	50:21	4:38	4	7:54	13	9:11
00 32	0.35	1:38	4:40	3	0:13	10	0:17	11.20	51:59	4:38	4	8:07	13	9:28
00 33	0.35	1:35	4:31	3	0:13	8	0:14	11.55	53:34	4:38	4	8:20	13	9:42
00 34	0.35	1:38	4:40	2	0:15	10	0:17	11.90	55:12	4:38	4	8:35	13	9:59
00 35	0.35	1:37	4:37	2	0:13	9	0:17	12.25	56:49	4:38	4	8:48	13	10:16
00 36	0.35	1:32	4:22	2	0:09	5	0:11	12.60	58:21	4:37	4	8:57	13	10:27
00 37	0.35	1:28	4:11	2	0:04	3	0:08	12.95	59:49	4:37	4	9:01	13	10:35