



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

Arnstadt / 20.03.2024

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Thomas Zeiger

00: Langstrecke Arnstadt

00: 78

00: 0.35 km/00

Stundenlauf

0000:

Senioren M50 (50-54)

000: 59:27

00: 12.01 km/h

0000: 4:59 min/km

0: 34 (11.9 km)

00000/0: 17 (of 36)

00000: 5(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	1:44	4:57	6	0:33	22	0:39	0.35	1:44	4:57	6	0:33	22	0:39
00 2	0.35	1:46	5:02	6	0:30	22	0:33	0.70	3:30	5:00	6	1:03	22	1:12
00 3	0.35	1:48	5:08	6	0:30	23	0:31	1.05	5:18	5:02	6	1:33	23	1:43
00 4	0.35	1:48	5:08	6	0:29	22	0:31	1.40	7:06	5:04	6	2:02	24	2:14
00 5	0.35	1:45	5:00	5	0:26	18	0:27	1.75	8:51	5:03	6	2:28	23	2:41
00 6	0.35	1:45	5:00	5	0:24	19	0:26	2.10	10:36	5:02	6	2:52	21	3:07
00 7	0.35	1:47	5:05	6	0:26	21	0:27	2.45	12:23	5:03	6	3:18	21	3:34
00 8	0.35	1:47	5:05	6	0:27	22	0:27	2.80	14:10	5:03	6	3:45	21	4:01
00 9	0.35	1:46	5:02	5	0:24	19	0:26	3.15	15:56	5:03	6	4:09	21	4:27
00 10	0.35	1:46	5:02	5	0:24	19	0:26	3.50	17:42	5:03	6	4:33	21	4:53
00 11	0.35	1:49	5:11	5	0:28	20	0:29	3.85	19:31	5:04	6	5:01	21	5:22
00 12	0.35	1:47	5:05	5	0:25	20	0:29	4.20	21:18	5:04	6	5:26	21	5:51
00 13	0.35	1:47	5:05	6	0:26	20	0:27	4.55	23:05	5:04	6	5:52	21	6:18
00 14	0.35	1:46	5:02	5	0:23	19	0:27	4.90	24:51	5:04	6	6:15	21	6:45
00 15	0.35	1:44	4:57	5	0:21	17	0:23	5.25	26:35	5:03	6	6:36	21	7:08
00 16	0.35	1:41	4:48	4	0:18	15	0:21	5.60	28:16	5:02	6	6:54	21	7:29
00 17	0.35	1:42	4:51	5	0:19	16	0:21	5.95	29:58	5:02	6	7:13	21	7:50
00 18	0.35	1:41	4:48	5	0:16	14	0:22	6.30	31:39	5:01	5	7:29	20	8:12
00 19	0.35	1:42	4:51	5	0:18	15	0:21	6.65	33:21	5:00	5	7:47	19	8:33
00 20	0.35	1:44	4:57	4	0:20	15	0:24	7.00	35:05	5:00	5	8:07	17	8:57
00 21	0.35	1:44	4:57	5	0:20	16	0:23	7.35	36:49	5:00	5	8:27	17	9:20
00 22	0.35	1:45	5:00	5	0:20	15	0:24	7.70	38:34	5:00	5	8:47	17	9:44
00 23	0.35	1:43	4:54	5	0:19	14	0:21	8.05	40:17	5:00	5	9:06	17	10:05
00 24	0.35	1:43	4:54	4	0:20	13	0:21	8.40	42:00	5:00	5	9:26	17	10:26
00 25	0.35	1:45	5:00	5	0:20	15	0:23	8.75	43:45	5:00	5	9:46	17	10:49
00 26	0.35	1:44	4:57	5	0:20	15	0:23	9.10	45:29	4:59	5	10:06	17	11:12
00 27	0.35	1:45	5:00	5	0:21	14	0:22	9.45	47:14	4:59	5	10:27	17	11:34
00 28	0.35	1:45	5:00	4	0:20	15	0:21	9.80	48:59	4:59	5	10:47	17	11:55
00 29	0.35	1:46	5:02	5	0:21	17	0:24	10.15	50:45	5:00	5	11:08	17	12:19
00 30	0.35	1:45	5:00	5	0:19	15	0:23	10.50	52:30	5:00	5	11:27	17	12:42



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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	1:44	4:57	5	0:20	14	0:22	10.85	54:14	4:59	5	11:47	17	13:04
00 32	0.35	1:44	4:57	5	0:19	17	0:23	11.20	55:58	4:59	5	12:06	17	13:27
00 33	0.35	1:45	5:00	5	0:23	17	0:24	11.55	57:43	4:59	5	12:29	17	13:51
00 34	0.35	1:44	4:57	5	0:21	17	0:23	11.90	59:27	4:59	5	12:50	17	14:14