



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

Arnstadt / 20.03.2024

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Thorsten Seever

00: SG Motor Arnstadt

00: 65

00: 0.35 km/00

Stundenlauf

0000:

Senioren M50 (50-54)

000: 58:40

00: 11.81 km/h

0000: 5:04 min/km

0: 33 (11.55 km)

00000/0: 20 (of 36)

00000: 6(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	1:40	4:45	4	0:29	17	0:35	0.35	1:40	4:45	4	0:29	17	0:35
00 2	0.35	1:39	4:42	5	0:23	17	0:26	0.70	3:19	4:44	5	0:52	17	1:01
00 3	0.35	1:42	4:51	5	0:24	19	0:25	1.05	5:01	4:46	5	1:16	18	1:26
00 4	0.35	1:45	5:00	5	0:26	20	0:28	1.40	6:46	4:50	5	1:42	18	1:54
00 5	0.35	1:45	5:00	5	0:26	18	0:27	1.75	8:31	4:52	5	2:08	18	2:21
00 6	0.35	1:46	5:02	6	0:25	20	0:27	2.10	10:17	4:53	5	2:33	18	2:48
00 7	0.35	1:44	4:57	5	0:23	18	0:24	2.45	12:01	4:54	5	2:56	18	3:12
00 8	0.35	1:46	5:02	5	0:26	19	0:26	2.80	13:47	4:55	5	3:22	19	3:38
00 9	0.35	1:46	5:02	5	0:24	19	0:26	3.15	15:33	4:56	5	3:46	19	4:04
00 10	0.35	1:49	5:11	6	0:27	21	0:29	3.50	17:22	4:57	5	4:13	19	4:33
00 11	0.35	1:49	5:11	5	0:28	20	0:29	3.85	19:11	4:58	5	4:41	19	5:02
00 12	0.35	1:47	5:05	5	0:25	20	0:29	4.20	20:58	4:59	5	5:06	19	5:31
00 13	0.35	1:45	5:00	5	0:24	17	0:25	4.55	22:43	4:59	5	5:30	19	5:56
00 14	0.35	1:48	5:08	6	0:25	21	0:29	4.90	24:31	5:00	5	5:55	19	6:25
00 15	0.35	1:45	5:00	6	0:22	18	0:24	5.25	26:16	5:00	5	6:17	19	6:49
00 16	0.35	1:48	5:08	5	0:25	19	0:28	5.60	28:04	5:00	5	6:42	19	7:17
00 17	0.35	1:48	5:08	6	0:25	21	0:27	5.95	29:52	5:01	5	7:07	20	7:44
00 18	0.35	1:48	5:08	6	0:23	21	0:29	6.30	31:40	5:01	6	7:30	21	8:13
00 19	0.35	1:46	5:02	6	0:22	18	0:25	6.65	33:26	5:01	6	7:52	21	8:38
00 20	0.35	1:44	4:57	4	0:20	15	0:24	7.00	35:10	5:01	6	8:12	19	9:02
00 21	0.35	1:46	5:02	6	0:22	18	0:25	7.35	36:56	5:01	6	8:34	19	9:27
00 22	0.35	1:48	5:08	6	0:23	19	0:27	7.70	38:44	5:01	6	8:57	19	9:54
00 23	0.35	1:47	5:05	6	0:23	17	0:25	8.05	40:31	5:01	6	9:20	19	10:19
00 24	0.35	1:53	5:22	5	0:30	19	0:31	8.40	42:24	5:02	6	9:50	20	10:50
00 25	0.35	1:51	5:17	6	0:26	20	0:29	8.75	44:15	5:03	6	10:16	20	11:19
00 26	0.35	1:51	5:17	6	0:27	20	0:30	9.10	46:06	5:03	6	10:43	20	11:49
00 27	0.35	1:46	5:02	6	0:22	17	0:23	9.45	47:52	5:03	6	11:05	20	12:12
00 28	0.35	1:45	5:00	4	0:20	15	0:21	9.80	49:37	5:03	6	11:25	20	12:33
00 29	0.35	1:48	5:08	6	0:23	18	0:26	10.15	51:25	5:03	6	11:48	20	12:59
00 30	0.35	1:47	5:05	6	0:21	19	0:25	10.50	53:12	5:04	6	12:09	20	13:24



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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	1:50	5:14	6	0:26	21	0:28	10.85	55:02	5:04	6	12:35	20	13:52
00 32	0.35	1:47	5:05	6	0:22	20	0:26	11.20	56:49	5:04	6	12:57	20	14:18
00 33	0.35	1:51	5:17	6	0:29	20	0:30	11.55	58:40	5:04	6	13:26	20	14:48