



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

Arnstadt / 20.03.2024

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Niels Prasser

00: SG Motor Arnstadt

00: 59

00: 0.35 km/00

Stundenlauf

0000:

Senioren M50 (50-54)

000: 59:11

00: 10.14 km/h

0000: 5:49 min/km

0: 29 (10.15 km)

00000/0: 29 (of 36)

00000: 7(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	2:03	5:51	8	0:52	31	0:58	0.35	2:03	5:51	8	0:52	31	0:58
00 2	0.35	1:54	5:25	7	0:38	29	0:41	0.70	3:57	5:38	7	1:30	30	1:39
00 3	0.35	1:53	5:22	7	0:35	28	0:36	1.05	5:50	5:33	7	2:05	30	2:15
00 4	0.35	1:56	5:31	7	0:37	28	0:39	1.40	7:46	5:32	7	2:42	30	2:54
00 5	0.35	1:59	5:40	7	0:40	29	0:41	1.75	9:45	5:34	7	3:22	29	3:35
00 6	0.35	1:58	5:37	7	0:37	29	0:39	2.10	11:43	5:34	7	3:59	29	4:14
00 7	0.35	2:01	5:45	7	0:40	30	0:41	2.45	13:44	5:36	7	4:39	30	4:55
00 8	0.35	1:57	5:34	7	0:37	30	0:37	2.80	15:41	5:36	7	5:16	29	5:32
00 9	0.35	1:58	5:37	7	0:36	28	0:38	3.15	17:39	5:36	7	5:52	29	6:10
00 10	0.35	2:01	5:45	7	0:39	29	0:41	3.50	19:40	5:37	7	6:31	30	6:51
00 11	0.35	2:01	5:45	7	0:40	30	0:41	3.85	21:41	5:37	7	7:11	30	7:32
00 12	0.35	2:06	6:00	7	0:44	31	0:48	4.20	23:47	5:39	7	7:55	30	8:20
00 13	0.35	2:04	5:54	7	0:43	30	0:44	4.55	25:51	5:40	7	8:38	30	9:04
00 14	0.35	2:02	5:48	7	0:39	29	0:43	4.90	27:53	5:41	7	9:17	30	9:47
00 15	0.35	2:01	5:45	7	0:38	27	0:40	5.25	29:54	5:41	7	9:55	30	10:27
00 16	0.35	2:03	5:51	7	0:40	30	0:43	5.60	31:57	5:42	7	10:35	30	11:10
00 17	0.35	2:02	5:48	7	0:39	27	0:41	5.95	33:59	5:42	7	11:14	30	11:51
00 18	0.35	2:04	5:54	7	0:39	29	0:45	6.30	36:03	5:43	7	11:53	30	12:36
00 19	0.35	2:06	6:00	7	0:42	30	0:45	6.65	38:09	5:44	7	12:35	30	13:21
00 20	0.35	2:03	5:51	7	0:39	25	0:43	7.00	40:12	5:44	7	13:14	29	14:04
00 21	0.35	2:05	5:57	7	0:41	28	0:44	7.35	42:17	5:45	7	13:55	29	14:48
00 22	0.35	2:07	6:02	7	0:42	27	0:46	7.70	44:24	5:45	7	14:37	29	15:34
00 23	0.35	2:08	6:05	7	0:44	28	0:46	8.05	46:32	5:46	7	15:21	29	16:20
00 24	0.35	2:04	5:54	7	0:41	26	0:42	8.40	48:36	5:47	7	16:02	29	17:02
00 25	0.35	2:03	5:51	7	0:38	25	0:41	8.75	50:39	5:47	7	16:40	29	17:43
00 26	0.35	2:09	6:08	7	0:45	28	0:48	9.10	52:48	5:48	7	17:25	29	18:31
00 27	0.35	2:09	6:08	7	0:45	31	0:46	9.45	54:57	5:48	7	18:10	29	19:17
00 28	0.35	2:08	6:05	7	0:43	29	0:44	9.80	57:05	5:49	7	18:53	29	20:01
00 29	0.35	2:06	6:00	7	0:41	29	0:44	10.15	59:11	5:49	7	19:34	29	20:45