



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

Arnstadt / 20.03.2024

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Torsten Stelzner

00: Wsv Ilmenau

00: 67

00: 0.35 km/00

Stundenlauf

0000:

Senioren M55 (55-59)

000: 59:02

00: 12.45 km/h

0000: 4:49 min/km

0: 35 (12.25 km)

00000/0: 14 (of 36)

00000: 1(of 1)

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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 | 1:37 | 4:37 | 1 | - | 15 | 0:32 | 0.35 | 1:37 | 4:37 | 1 | - | 15 | 0:32 |
| 00 2 | 0.35 | 1:32 | 4:22 | 1 | - | 12 | 0:19 | 0.70 | 3:09 | 4:30 | 1 | - | 14 | 0:51 |
| 00 3 | 0.35 | 1:34 | 4:28 | 1 | - | 14 | 0:17 | 1.05 | 4:43 | 4:29 | 1 | - | 14 | 1:08 |
| 00 4 | 0.35 | 1:37 | 4:37 | 1 | - | 15 | 0:20 | 1.40 | 6:20 | 4:31 | 1 | - | 14 | 1:28 |
| 00 5 | 0.35 | 1:36 | 4:34 | 1 | - | 15 | 0:18 | 1.75 | 7:56 | 4:31 | 1 | - | 15 | 1:46 |
| 00 6 | 0.35 | 1:38 | 4:40 | 1 | - | 16 | 0:19 | 2.10 | 9:34 | 4:33 | 1 | - | 15 | 2:05 |
| 00 7 | 0.35 | 1:40 | 4:45 | 1 | - | 15 | 0:20 | 2.45 | 11:14 | 4:35 | 1 | - | 15 | 2:25 |
| 00 8 | 0.35 | 1:39 | 4:42 | 1 | - | 14 | 0:19 | 2.80 | 12:53 | 4:36 | 1 | - | 15 | 2:44 |
| 00 9 | 0.35 | 1:38 | 4:40 | 1 | - | 15 | 0:18 | 3.15 | 14:31 | 4:36 | 1 | - | 15 | 3:02 |
| 00 10 | 0.35 | 1:39 | 4:42 | 1 | - | 15 | 0:19 | 3.50 | 16:10 | 4:37 | 1 | - | 15 | 3:21 |
| 00 11 | 0.35 | 1:40 | 4:45 | 1 | - | 16 | 0:20 | 3.85 | 17:50 | 4:37 | 1 | - | 15 | 3:41 |
| 00 12 | 0.35 | 1:39 | 4:42 | 1 | - | 13 | 0:21 | 4.20 | 19:29 | 4:38 | 1 | - | 15 | 4:02 |
| 00 13 | 0.35 | 1:40 | 4:45 | 1 | - | 15 | 0:20 | 4.55 | 21:09 | 4:38 | 1 | - | 15 | 4:22 |
| 00 14 | 0.35 | 1:41 | 4:48 | 1 | - | 15 | 0:22 | 4.90 | 22:50 | 4:39 | 1 | - | 15 | 4:44 |
| 00 15 | 0.35 | 1:42 | 4:51 | 1 | - | 15 | 0:21 | 5.25 | 24:32 | 4:40 | 1 | - | 15 | 5:05 |
| 00 16 | 0.35 | 1:39 | 4:42 | 1 | - | 14 | 0:19 | 5.60 | 26:11 | 4:40 | 1 | - | 15 | 5:24 |
| 00 17 | 0.35 | 1:41 | 4:48 | 1 | - | 15 | 0:20 | 5.95 | 27:52 | 4:41 | 1 | - | 15 | 5:44 |
| 00 18 | 0.35 | 1:42 | 4:51 | 1 | - | 17 | 0:23 | 6.30 | 29:34 | 4:41 | 1 | - | 15 | 6:07 |
| 00 19 | 0.35 | 1:39 | 4:42 | 1 | - | 10 | 0:18 | 6.65 | 31:13 | 4:41 | 1 | - | 15 | 6:25 |
| 00 20 | 0.35 | 1:43 | 4:54 | 1 | - | 14 | 0:23 | 7.00 | 32:56 | 4:42 | 1 | - | 14 | 6:48 |
| 00 21 | 0.35 | 1:43 | 4:54 | 1 | - | 14 | 0:22 | 7.35 | 34:39 | 4:42 | 1 | - | 14 | 7:10 |
| 00 22 | 0.35 | 1:43 | 4:54 | 1 | - | 14 | 0:22 | 7.70 | 36:22 | 4:43 | 1 | - | 14 | 7:32 |
| 00 23 | 0.35 | 1:45 | 5:00 | 1 | - | 15 | 0:23 | 8.05 | 38:07 | 4:44 | 1 | - | 14 | 7:55 |
| 00 24 | 0.35 | 1:44 | 4:57 | 1 | - | 14 | 0:22 | 8.40 | 39:51 | 4:44 | 1 | - | 14 | 8:17 |
| 00 25 | 0.35 | 1:44 | 4:57 | 1 | - | 14 | 0:22 | 8.75 | 41:35 | 4:45 | 1 | - | 14 | 8:39 |
| 00 26 | 0.35 | 1:43 | 4:54 | 1 | - | 14 | 0:22 | 9.10 | 43:18 | 4:45 | 1 | - | 14 | 9:01 |
| 00 27 | 0.35 | 1:45 | 5:00 | 1 | - | 14 | 0:22 | 9.45 | 45:03 | 4:46 | 1 | - | 14 | 9:23 |
| 00 28 | 0.35 | 1:44 | 4:57 | 1 | - | 13 | 0:20 | 9.80 | 46:47 | 4:46 | 1 | - | 14 | 9:43 |
| 00 29 | 0.35 | 1:44 | 4:57 | 1 | - | 15 | 0:22 | 10.15 | 48:31 | 4:46 | 1 | - | 14 | 10:05 |
| 00 30 | 0.35 | 1:47 | 5:05 | 1 | - | 19 | 0:25 | 10.50 | 50:18 | 4:47 | 1 | - | 14 | 10:30 |



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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 | 1:45 | 5:00 | 1 | - | 16 | 0:23 | 10.85 | 52:03 | 4:47 | 1 | - | 14 | 10:53 |
| 00 32 | 0.35 | 1:49 | 5:11 | 1 | - | 22 | 0:28 | 11.20 | 53:52 | 4:48 | 1 | - | 14 | 11:21 |
| 00 33 | 0.35 | 1:43 | 4:54 | 1 | - | 13 | 0:22 | 11.55 | 55:35 | 4:48 | 1 | - | 14 | 11:43 |
| 00 34 | 0.35 | 1:45 | 5:00 | 1 | - | 19 | 0:24 | 11.90 | 57:20 | 4:49 | 1 | - | 14 | 12:07 |
| 00 35 | 0.35 | 1:42 | 4:51 | 1 | - | 13 | 0:22 | 12.25 | 59:02 | 4:49 | 1 | - | 14 | 12:29 |