



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

Arnstadt / 20.03.2024

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Andreas Kerber

00: Rennsteiglaufverein

00: 53

00: 0.35 km/00

Stundenlauf

0000:

Senioren M60 (60-64)

000: 59:27

00: 11.10 km/h

0000: 5:18 min/km

0: 32 (11.2 km)

00000/0: 21 (of 36)

00000: 1(of 4)

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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	1:38	4:40	1	-	16	0:33	0.35	1:38	4:40	1	-	16	0:33
00 2	0.35	1:44	4:57	1	-	21	0:31	0.70	3:22	4:48	1	-	19	1:04
00 3	0.35	1:48	5:08	2	0:05	23	0:31	1.05	5:10	4:55	1	-	21	1:35
00 4	0.35	1:50	5:14	2	0:02	25	0:33	1.40	7:00	5:00	1	-	21	2:08
00 5	0.35	1:51	5:17	2	0:03	25	0:33	1.75	8:51	5:03	2	0:01	23	2:41
00 6	0.35	1:50	5:14	2	0:03	25	0:31	2.10	10:41	5:05	2	0:04	24	3:12
00 7	0.35	1:50	5:14	1	-	22	0:30	2.45	12:31	5:06	2	0:03	24	3:42
00 8	0.35	1:50	5:14	2	0:04	23	0:30	2.80	14:21	5:07	2	0:07	24	4:12
00 9	0.35	1:52	5:20	2	0:01	23	0:32	3.15	16:13	5:08	2	0:08	23	4:44
00 10	0.35	1:51	5:17	1	-	22	0:31	3.50	18:04	5:09	2	0:07	23	5:15
00 11	0.35	1:51	5:17	1	-	22	0:31	3.85	19:55	5:10	2	0:07	23	5:46
00 12	0.35	1:52	5:20	1	-	22	0:34	4.20	21:47	5:11	2	0:07	23	6:20
00 13	0.35	1:53	5:22	2	0:04	23	0:33	4.55	23:40	5:12	2	0:11	23	6:53
00 14	0.35	1:52	5:20	2	0:02	23	0:33	4.90	25:32	5:12	2	0:13	23	7:26
00 15	0.35	1:53	5:22	1	-	23	0:32	5.25	27:25	5:13	2	0:13	23	7:58
00 16	0.35	1:51	5:17	1	-	22	0:31	5.60	29:16	5:13	2	0:10	23	8:29
00 17	0.35	1:51	5:17	1	-	23	0:30	5.95	31:07	5:13	2	0:07	23	8:59
00 18	0.35	1:52	5:20	2	0:01	23	0:33	6.30	32:59	5:14	2	0:08	23	9:32
00 19	0.35	1:54	5:25	2	0:01	24	0:33	6.65	34:53	5:14	2	0:04	23	10:05
00 20	0.35	1:53	5:22	1	-	21	0:33	7.00	36:46	5:15	1	-	21	10:38
00 21	0.35	1:52	5:20	1	-	21	0:31	7.35	38:38	5:15	1	-	21	11:09
00 22	0.35	1:55	5:28	2	0:01	23	0:34	7.70	40:33	5:15	1	-	21	11:43
00 23	0.35	1:55	5:28	2	0:01	23	0:33	8.05	42:28	5:16	1	-	21	12:16
00 24	0.35	1:54	5:25	1	-	20	0:32	8.40	44:22	5:16	1	-	21	12:48
00 25	0.35	1:56	5:31	3	0:02	24	0:34	8.75	46:18	5:17	1	-	21	13:22
00 26	0.35	1:55	5:28	3	0:01	24	0:34	9.10	48:13	5:17	1	-	21	13:56
00 27	0.35	1:53	5:22	1	-	21	0:30	9.45	50:06	5:18	1	-	21	14:26
00 28	0.35	1:54	5:25	2	0:03	24	0:30	9.80	52:00	5:18	1	-	21	14:56
00 29	0.35	1:54	5:25	2	0:03	24	0:32	10.15	53:54	5:18	1	-	21	15:28
00 30	0.35	1:49	5:11	1	-	24	0:27	10.50	55:43	5:18	1	-	21	15:55



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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	1:53	5:22	3	0:02	24	0:31	10.85	57:36	5:18	1	-	21	16:26
00 32	0.35	1:51	5:17	2	0:06	23	0:30	11.20	59:27	5:18	1	-	21	16:56