



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

Arnstadt / 20.03.2024

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Frank Schirwinski

00: LTV Erfurt

00: 85

00: 0.35 km/00

Stundenlauf

0000:

Senioren M60 (60-64)

000: 59:33

00: 11.28 km/h

0000: 5:19 min/km

0: 32 (11.2 km)

00000/0: 23 (of 36)

00000: 2(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	1:44	4:57	2	0:06	22	0:39	0.35	1:44	4:57	2	0:06	22	0:39
00 2	0.35	1:47	5:05	2	0:03	24	0:34	0.70	3:31	5:01	2	0:09	23	1:13
00 3	0.35	1:43	4:54	1	-	22	0:26	1.05	5:14	4:59	2	0:04	22	1:39
00 4	0.35	1:48	5:08	1	-	22	0:31	1.40	7:02	5:01	2	0:02	22	2:10
00 5	0.35	1:48	5:08	1	-	23	0:30	1.75	8:50	5:02	1	-	22	2:40
00 6	0.35	1:47	5:05	1	-	21	0:28	2.10	10:37	5:03	1	-	23	3:08
00 7	0.35	1:51	5:17	2	0:01	23	0:31	2.45	12:28	5:05	1	-	22	3:39
00 8	0.35	1:46	5:02	1	-	19	0:26	2.80	14:14	5:04	1	-	22	4:05
00 9	0.35	1:51	5:17	1	-	22	0:31	3.15	16:05	5:06	1	-	22	4:36
00 10	0.35	1:52	5:20	2	0:01	23	0:32	3.50	17:57	5:07	1	-	22	5:08
00 11	0.35	1:51	5:17	1	-	22	0:31	3.85	19:48	5:08	1	-	22	5:39
00 12	0.35	1:52	5:20	1	-	22	0:34	4.20	21:40	5:09	1	-	22	6:13
00 13	0.35	1:49	5:11	1	-	22	0:29	4.55	23:29	5:09	1	-	22	6:42
00 14	0.35	1:50	5:14	1	-	22	0:31	4.90	25:19	5:10	1	-	22	7:13
00 15	0.35	1:53	5:22	1	-	23	0:32	5.25	27:12	5:10	1	-	22	7:45
00 16	0.35	1:54	5:25	2	0:03	24	0:34	5.60	29:06	5:11	1	-	22	8:19
00 17	0.35	1:54	5:25	3	0:03	25	0:33	5.95	31:00	5:12	1	-	22	8:52
00 18	0.35	1:51	5:17	1	-	22	0:32	6.30	32:51	5:12	1	-	22	9:24
00 19	0.35	1:58	5:37	3	0:05	25	0:37	6.65	34:49	5:14	1	-	22	10:01
00 20	0.35	1:57	5:34	3	0:04	24	0:37	7.00	36:46	5:15	1	-	21	10:38
00 21	0.35	1:55	5:28	3	0:03	23	0:34	7.35	38:41	5:15	2	0:03	22	11:12
00 22	0.35	1:55	5:28	2	0:01	23	0:34	7.70	40:36	5:16	2	0:03	22	11:46
00 23	0.35	1:55	5:28	2	0:01	23	0:33	8.05	42:31	5:16	2	0:03	22	12:19
00 24	0.35	1:56	5:31	3	0:02	23	0:34	8.40	44:27	5:17	2	0:05	22	12:53
00 25	0.35	1:54	5:25	1	-	22	0:32	8.75	46:21	5:17	2	0:03	22	13:25
00 26	0.35	1:54	5:25	1	-	22	0:33	9.10	48:15	5:18	2	0:02	22	13:58
00 27	0.35	1:56	5:31	3	0:03	24	0:33	9.45	50:11	5:18	2	0:05	22	14:31
00 28	0.35	1:58	5:37	3	0:07	26	0:34	9.80	52:09	5:19	2	0:09	22	15:05
00 29	0.35	1:54	5:25	2	0:03	24	0:32	10.15	54:03	5:19	2	0:09	22	15:37
00 30	0.35	1:54	5:25	3	0:05	27	0:32	10.50	55:57	5:19	2	0:14	22	16:09



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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	1:51	5:17	1	-	22	0:29	10.85	57:48	5:19	2	0:12	23	16:38
00 32	0.35	1:45	5:00	1	-	18	0:24	11.20	59:33	5:19	2	0:06	23	17:02