



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

Arnstadt / 20.03.2024

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Jörg Schmid

00: Rennsteiglaufverein, Arnstadt

00: 62

00: 0.35 km/00

Stundenlauf

0000:

Senioren M60 (60-64)

000: 59:29

00: 10.94 km/h

0000: 5:28 min/km

0: 31 (10.85 km)

00000/0: 24 (of 36)

00000: 3(of 4)

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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 1	0.35	1:48	5:08	3	0:10	24	0:43	0.35	1:48	5:08	3	0:10	24	0:43
00 2	0.35	1:52	5:20	3	0:08	28	0:39	0.70	3:40	5:14	3	0:18	25	1:22
00 3	0.35	1:52	5:20	3	0:09	27	0:35	1.05	5:32	5:16	3	0:22	27	1:57
00 4	0.35	1:56	5:31	3	0:08	28	0:39	1.40	7:28	5:20	3	0:28	27	2:36
00 5	0.35	2:50	8:05	4	1:02	36	1:32	1.75	10:18	5:53	4	1:28	32	4:08
00 6	0.35	1:50	5:14	2	0:03	25	0:31	2.10	12:08	5:46	4	1:31	31	4:39
00 7	0.35	1:51	5:17	2	0:01	23	0:31	2.45	13:59	5:42	4	1:31	31	5:10
00 8	0.35	1:51	5:17	3	0:05	24	0:31	2.80	15:50	5:39	4	1:36	31	5:41
00 9	0.35	1:52	5:20	2	0:01	23	0:32	3.15	17:42	5:37	3	1:37	30	6:13
00 10	0.35	1:54	5:25	3	0:03	25	0:34	3.50	19:36	5:36	3	1:39	29	6:47
00 11	0.35	1:54	5:25	3	0:03	24	0:34	3.85	21:30	5:35	3	1:42	29	7:21
00 12	0.35	1:56	5:31	3	0:04	24	0:38	4.20	23:26	5:34	3	1:46	29	7:59
00 13	0.35	1:55	5:28	3	0:06	26	0:35	4.55	25:21	5:34	3	1:52	29	8:34
00 14	0.35	1:55	5:28	3	0:05	25	0:36	4.90	27:16	5:33	3	1:57	28	9:10
00 15	0.35	1:57	5:34	3	0:04	25	0:36	5.25	29:13	5:33	3	2:01	28	9:46
00 16	0.35	1:55	5:28	3	0:04	25	0:35	5.60	31:08	5:33	3	2:02	28	10:21
00 17	0.35	1:53	5:22	2	0:02	24	0:32	5.95	33:01	5:32	3	2:01	26	10:53
00 18	0.35	1:55	5:28	3	0:04	25	0:36	6.30	34:56	5:32	3	2:05	26	11:29
00 19	0.35	1:53	5:22	1	-	23	0:32	6.65	36:49	5:32	3	2:00	26	12:01
00 20	0.35	1:53	5:22	1	-	21	0:33	7.00	38:42	5:31	3	1:56	24	12:34
00 21	0.35	1:54	5:25	2	0:02	22	0:33	7.35	40:36	5:31	3	1:58	24	13:07
00 22	0.35	1:54	5:25	1	-	22	0:33	7.70	42:30	5:31	3	1:57	24	13:40
00 23	0.35	1:54	5:25	1	-	22	0:32	8.05	44:24	5:30	3	1:56	24	14:12
00 24	0.35	1:54	5:25	1	-	20	0:32	8.40	46:18	5:30	3	1:56	24	14:44
00 25	0.35	1:55	5:28	2	0:01	23	0:33	8.75	48:13	5:30	3	1:55	24	15:17
00 26	0.35	1:54	5:25	1	-	22	0:33	9.10	50:07	5:30	3	1:54	24	15:50
00 27	0.35	1:55	5:28	2	0:02	23	0:32	9.45	52:02	5:30	3	1:56	24	16:22
00 28	0.35	1:51	5:17	1	-	20	0:27	9.80	53:53	5:29	3	1:53	24	16:49
00 29	0.35	1:51	5:17	1	-	22	0:29	10.15	55:44	5:29	3	1:50	24	17:18
00 30	0.35	1:53	5:22	2	0:04	26	0:31	10.50	57:37	5:29	3	1:54	24	17:49



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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	1:52	5:20	2	0:01	23	0:30	10.85	59:29	5:28	3	1:53	24	18:19