



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

Arnstadt / 20.03.2024

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Siegfried Ritter

00: SPORTident

00: 61

00: 0.35 km/00

Stundenlauf

0000:

Senioren M65 (65-69)

000: 59:47

00: 11.94 km/h

0000: 5:01 min/km

0: 34 (11.9 km)

00000/0: 18 (of 36)

00000: 1(of 3)

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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	1:41	4:48	1	-	19	0:36	0.35	1:41	4:48	1	-	19	0:36
00 2	0.35	1:42	4:51	1	-	19	0:29	0.70	3:23	4:50	1	-	21	1:05
00 3	0.35	1:42	4:51	1	-	19	0:25	1.05	5:05	4:50	1	-	20	1:30
00 4	0.35	1:46	5:02	1	-	21	0:29	1.40	6:51	4:53	1	-	20	1:59
00 5	0.35	1:47	5:05	1	-	22	0:29	1.75	8:38	4:55	1	-	20	2:28
00 6	0.35	1:47	5:05	1	-	21	0:28	2.10	10:25	4:57	1	-	20	2:56
00 7	0.35	1:46	5:02	1	-	20	0:26	2.45	12:11	4:58	1	-	20	3:22
00 8	0.35	1:46	5:02	1	-	19	0:26	2.80	13:57	4:58	1	-	20	3:48
00 9	0.35	1:47	5:05	1	-	21	0:27	3.15	15:44	4:59	1	-	20	4:15
00 10	0.35	1:47	5:05	1	-	20	0:27	3.50	17:31	5:00	1	-	20	4:42
00 11	0.35	1:45	5:00	1	-	18	0:25	3.85	19:16	5:00	1	-	20	5:07
00 12	0.35	1:46	5:02	1	-	18	0:28	4.20	21:02	5:00	1	-	20	5:35
00 13	0.35	1:46	5:02	1	-	18	0:26	4.55	22:48	5:00	1	-	20	6:01
00 14	0.35	1:44	4:57	1	-	17	0:25	4.90	24:32	5:00	1	-	20	6:26
00 15	0.35	1:47	5:05	1	-	20	0:26	5.25	26:19	5:00	1	-	20	6:52
00 16	0.35	1:47	5:05	1	-	18	0:27	5.60	28:06	5:01	1	-	20	7:19
00 17	0.35	1:45	5:00	1	-	17	0:24	5.95	29:51	5:01	1	-	19	7:43
00 18	0.35	1:47	5:05	1	-	19	0:28	6.30	31:38	5:01	1	-	19	8:11
00 19	0.35	1:46	5:02	1	-	18	0:25	6.65	33:24	5:01	1	-	20	8:36
00 20	0.35	1:46	5:02	1	-	18	0:26	7.00	35:10	5:01	1	-	19	9:02
00 21	0.35	1:47	5:05	1	-	19	0:26	7.35	36:57	5:01	1	-	20	9:28
00 22	0.35	1:48	5:08	1	-	19	0:27	7.70	38:45	5:01	1	-	20	9:55
00 23	0.35	1:47	5:05	1	-	17	0:25	8.05	40:32	5:02	1	-	20	10:20
00 24	0.35	1:46	5:02	1	-	15	0:24	8.40	42:18	5:02	1	-	19	10:44
00 25	0.35	1:47	5:05	1	-	17	0:25	8.75	44:05	5:02	1	-	19	11:09
00 26	0.35	1:48	5:08	1	-	17	0:27	9.10	45:53	5:02	1	-	18	11:36
00 27	0.35	1:46	5:02	1	-	17	0:23	9.45	47:39	5:02	1	-	18	11:59
00 28	0.35	1:45	5:00	1	-	15	0:21	9.80	49:24	5:02	1	-	18	12:20
00 29	0.35	1:45	5:00	1	-	16	0:23	10.15	51:09	5:02	1	-	18	12:43
00 30	0.35	1:46	5:02	1	-	17	0:24	10.50	52:55	5:02	1	-	18	13:07



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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	54:40	5:02	1	-	18	13:30
00 32	0.35	1:43	4:54	1	-	15	0:22	11.20	56:23	5:02	1	-	18	13:52
00 33	0.35	1:45	5:00	1	-	17	0:24	11.55	58:08	5:01	1	-	18	14:16
00 34	0.35	1:39	4:42	1	-	12	0:18	11.90	59:47	5:01	1	-	18	14:34