



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

Arnstadt / 20.03.2024

0000

Gerd Hantsche

00: USV Jena

00: 50

00: 0.35 km/00

Stundenlauf

0000:

Senioren M65 (65-69)

000: 59:50

00: 9.48 km/h

0000: 6:19 min/km

0: 27 (9.45 km)

00000/0: 32 (of 36)

00000: 3(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	2:08	6:05	3	0:27	35	1:03	0.35	2:08	6:05	3	0:27	35	1:03
00 2	0.35	2:08	6:05	2	0:26	33	0:55	0.70	4:16	6:05	3	0:53	34	1:58
00 3	0.35	2:08	6:05	3	0:26	34	0:51	1.05	6:24	6:05	3	1:19	34	2:49
00 4	0.35	2:10	6:11	3	0:24	34	0:53	1.40	8:34	6:07	3	1:43	34	3:42
00 5	0.35	2:09	6:08	3	0:22	33	0:51	1.75	10:43	6:07	3	2:05	34	4:33
00 6	0.35	2:08	6:05	3	0:21	34	0:49	2.10	12:51	6:07	3	2:26	34	5:22
00 7	0.35	2:09	6:08	3	0:23	34	0:49	2.45	15:00	6:07	3	2:49	34	6:11
00 8	0.35	2:11	6:14	3	0:25	33	0:51	2.80	17:11	6:08	3	3:14	34	7:02
00 9	0.35	2:18	6:34	3	0:31	34	0:58	3.15	19:29	6:11	3	3:45	34	8:00
00 10	0.35	2:09	6:08	3	0:22	33	0:49	3.50	21:38	6:10	3	4:07	34	8:49
00 11	0.35	2:20	6:40	3	0:35	34	1:00	3.85	23:58	6:13	3	4:42	34	9:49
00 12	0.35	2:14	6:22	3	0:28	33	0:56	4.20	26:12	6:14	3	5:10	34	10:45
00 13	0.35	2:12	6:17	3	0:26	33	0:52	4.55	28:24	6:14	3	5:36	34	11:37
00 14	0.35	2:17	6:31	3	0:33	33	0:58	4.90	30:41	6:15	3	6:09	34	12:35
00 15	0.35	2:19	6:37	3	0:32	34	0:58	5.25	33:00	6:17	3	6:41	34	13:33
00 16	0.35	2:20	6:40	3	0:33	33	1:00	5.60	35:20	6:18	3	7:14	34	14:33
00 17	0.35	2:17	6:31	3	0:32	34	0:56	5.95	37:37	6:19	3	7:46	34	15:29
00 18	0.35	2:13	6:20	3	0:26	33	0:54	6.30	39:50	6:19	3	8:12	34	16:23
00 19	0.35	2:19	6:37	3	0:33	33	0:58	6.65	42:09	6:20	3	8:45	34	17:21
00 20	0.35	2:14	6:22	2	0:28	31	0:54	7.00	44:23	6:20	3	9:13	33	18:15
00 21	0.35	2:13	6:20	2	0:26	31	0:52	7.35	46:36	6:20	3	9:39	33	19:07
00 22	0.35	2:16	6:28	3	0:28	31	0:55	7.70	48:52	6:20	3	10:07	33	20:02
00 23	0.35	2:17	6:31	3	0:30	32	0:55	8.05	51:09	6:21	3	10:37	33	20:57
00 24	0.35	2:15	6:25	3	0:29	32	0:53	8.40	53:24	6:21	3	11:06	32	21:50
00 25	0.35	2:12	6:17	3	0:25	31	0:50	8.75	55:36	6:21	3	11:31	32	22:40
00 26	0.35	2:09	6:08	2	0:21	28	0:48	9.10	57:45	6:20	3	11:52	32	23:28
00 27	0.35	2:05	5:57	2	0:19	27	0:42	9.45	59:50	6:19	3	12:11	32	24:10