



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

Arnstadt / 15.01.2025

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Swen Thorhauer

00: Trailrunning-Crew Thüringen

00: 150

00: 0.49 km/00

Stundenlauf

0000:

Senioren M40 (40-44)

000: 59:55

00: 15.02 km/h

0000: 3:56 min/km

0: 31 (15.19 km)

00000/0: 1 (of 34)

00000: 1(of 13)

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
00 1	0.49	1:49	3:42	1	-	1	-	0.49	1:49	3:42	1	-	1	-
00 2	0.49	1:55	3:54	1	-	1	-	0.98	3:44	3:48	1	-	1	-
00 3	0.49	1:54	3:52	1	-	1	-	1.47	5:38	3:49	1	-	1	-
00 4	0.49	1:54	3:52	1	-	1	-	1.96	7:32	3:50	1	-	1	-
00 5	0.49	1:55	3:54	1	-	1	-	2.45	9:27	3:51	1	-	1	-
00 6	0.49	1:56	3:56	1	-	1	-	2.94	11:23	3:52	1	-	1	-
00 7	0.49	1:56	3:56	1	-	1	-	3.43	13:19	3:52	1	-	1	-
00 8	0.49	1:55	3:54	1	-	1	-	3.92	15:14	3:53	1	-	1	-
00 9	0.49	1:57	3:58	1	-	1	-	4.41	17:11	3:53	1	-	1	-
00 10	0.49	1:57	3:58	1	-	1	-	4.90	19:08	3:54	1	-	1	-
00 11	0.49	1:55	3:54	1	-	1	-	5.39	21:03	3:54	1	-	1	-
00 12	0.49	1:58	4:00	1	-	1	-	5.88	23:01	3:54	1	-	1	-
00 13	0.49	1:57	3:58	1	-	1	-	6.37	24:58	3:55	1	-	1	-
00 14	0.49	1:54	3:52	1	-	1	-	6.86	26:52	3:54	1	-	1	-
00 15	0.49	1:54	3:52	1	-	1	-	7.35	28:46	3:54	1	-	1	-
00 16	0.49	1:56	3:56	1	-	1	-	7.84	30:42	3:54	1	-	1	-
00 17	0.49	1:58	4:00	1	-	1	-	8.33	32:40	3:55	1	-	1	-
00 18	0.49	1:57	3:58	2	0:04	2	0:04	8.82	34:37	3:55	1	-	1	-
00 19	0.49	1:56	3:56	1	-	1	-	9.31	36:33	3:55	1	-	1	-
00 20	0.49	1:57	3:58	1	-	1	-	9.80	38:30	3:55	1	-	1	-
00 21	0.49	1:56	3:56	1	-	1	-	10.29	40:26	3:55	1	-	1	-
00 22	0.49	1:57	3:58	1	-	1	-	10.78	42:23	3:55	1	-	1	-
00 23	0.49	1:56	3:56	1	-	1	-	11.27	44:19	3:55	1	-	1	-
00 24	0.49	1:57	3:58	1	-	1	-	11.76	46:16	3:56	1	-	1	-
00 25	0.49	1:57	3:58	1	-	1	-	12.25	48:13	3:56	1	-	1	-
00 26	0.49	1:58	4:00	1	-	2	0:01	12.74	50:11	3:56	1	-	1	-
00 27	0.49	1:56	3:56	1	-	2	0:03	13.23	52:07	3:56	1	-	1	-
00 28	0.49	1:56	3:56	1	-	2	0:04	13.72	54:03	3:56	1	-	1	-
00 29	0.49	1:58	4:00	1	-	2	0:07	14.21	56:01	3:56	1	-	1	-
00 30	0.49	1:57	3:58	1	-	1	-	14.70	57:58	3:56	1	-	1	-



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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	0.49	1:57	3:58	1	-	1	-	15.19	59:55	3:56	1	-	1	-