



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

Arnstadt / 20.03.2024

0000

Beyer Nicole

00: SV Ichtershausen

00: 18

00: 0.35 km/00

Halbstundenlauf

0000:

Seniorinnen W45 (45-49) H

000: 28:57

00: 10.36 km/h

0000: 4:51 min/km

00: 17 (5.95 km)

00000/0: 4 (of 13)

00000: 1(of 2)

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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	1:41	4:48	1	-	4	0:17	0.35	1:41	4:48	1	-	4	0:17
00 2	0.35	1:39	4:42	1	-	4	0:15	0.70	3:20	4:45	1	-	4	0:32
00 3	0.35	1:41	4:48	1	-	4	0:16	1.05	5:01	4:46	1	-	4	0:48
00 4	0.35	1:41	4:48	1	-	4	0:12	1.40	6:42	4:47	1	-	4	1:00
00 5	0.35	1:41	4:48	1	-	4	0:10	1.75	8:23	4:47	1	-	4	1:10
00 6	0.35	1:43	4:54	1	-	4	0:11	2.10	10:06	4:48	1	-	4	1:21
00 7	0.35	1:42	4:51	1	-	4	0:10	2.45	11:48	4:48	1	-	4	1:31
00 8	0.35	1:42	4:51	1	-	4	0:10	2.80	13:30	4:49	1	-	4	1:41
00 9	0.35	1:42	4:51	1	-	2	0:10	3.15	15:12	4:49	1	-	4	1:51
00 10	0.35	1:43	4:54	1	-	2	0:10	3.50	16:55	4:50	1	-	4	2:01
00 11	0.35	1:42	4:51	1	-	4	0:07	3.85	18:37	4:50	1	-	4	2:08
00 12	0.35	1:42	4:51	1	-	3	0:21	4.20	20:19	4:50	1	-	4	2:18
00 13	0.35	1:42	4:51	1	-	4	0:16	4.55	22:01	4:50	1	-	4	2:29
00 14	0.35	1:44	4:57	1	-	3	0:15	4.90	23:45	4:50	1	-	4	2:39
00 15	0.35	1:44	4:57	1	-	3	0:14	5.25	25:29	4:51	1	-	4	2:48
00 16	0.35	1:43	4:54	1	-	4	0:12	5.60	27:12	4:51	1	-	4	2:55
00 17	0.35	1:45	5:00	1	-	4	0:14	5.95	28:57	4:51	1	-	4	3:06