



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

Arnstadt / 31.01.2024

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Selina Thiem

00: SV Pöllwitz

00: 12

00: 0.35 km/00

Halbstundenlauf

0000:

Frauen (20-29 Jahre) H

000: 29:04

00: 8.26 km/h

0000: 6:23 min/km

00: 13 (4.55 km)

00000/0: 4 (of 8)

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	1:55	5:28	1	-	3	0:20	0.35	1:55	5:28	1	-	3	0:20
00 2	0.35	2:03	5:51	1	-	4	0:29	0.70	3:58	5:40	1	-	4	0:49
00 3	0.35	2:07	6:02	1	-	4	0:32	1.05	6:05	5:47	1	-	4	1:21
00 4	0.35	2:11	6:14	1	-	4	0:36	1.40	8:16	5:54	1	-	4	1:57
00 5	0.35	2:16	6:28	1	-	4	0:39	1.75	10:32	6:01	1	-	4	2:36
00 6	0.35	2:20	6:40	1	-	5	0:42	2.10	12:52	6:07	1	-	4	3:18
00 7	0.35	2:22	6:45	1	-	5	0:42	2.45	15:14	6:13	1	-	4	4:00
00 8	0.35	2:25	6:54	1	-	5	0:45	2.80	17:39	6:18	1	-	4	4:45
00 9	0.35	2:22	6:45	1	-	5	0:45	3.15	20:01	6:21	1	-	4	5:30
00 10	0.35	2:16	6:28	1	-	4	0:40	3.50	22:17	6:22	1	-	4	6:10
00 11	0.35	2:19	6:37	1	-	4	0:45	3.85	24:36	6:23	1	-	4	6:55
00 12	0.35	2:18	6:34	1	-	4	0:44	4.20	26:54	6:24	1	-	4	7:39
00 13	0.35	2:10	6:11	1	-	4	0:32	4.55	29:04	6:23	1	-	4	8:11