



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

Arnstadt / 31.01.2024

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Katja Röder

00: Trailrunning-Crewe Thüringen

00: 10

00: 0.35 km/00

Halbstundenlauf

0000:

Seniorinnen W40 (40-44) H

000: 28:53

00: 12.46 km/h

0000: 4:35 min/km

0: 18 (6.3 km)

00000/0: 1 (of 8)

00000: 1(of 4)

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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	1:35	4:31	1	-	1	-	0.35	1:35	4:31	1	-	1	-
00 2	0.35	1:34	4:28	1	-	1	-	0.70	3:09	4:30	1	-	1	-
00 3	0.35	1:35	4:31	1	-	1	-	1.05	4:44	4:30	1	-	1	-
00 4	0.35	1:35	4:31	1	-	1	-	1.40	6:19	4:30	1	-	1	-
00 5	0.35	1:37	4:37	1	-	1	-	1.75	7:56	4:31	1	-	1	-
00 6	0.35	1:38	4:40	1	-	1	-	2.10	9:34	4:33	1	-	1	-
00 7	0.35	1:40	4:45	1	-	1	-	2.45	11:14	4:35	1	-	1	-
00 8	0.35	1:40	4:45	1	-	1	-	2.80	12:54	4:36	1	-	1	-
00 9	0.35	1:37	4:37	1	-	1	-	3.15	14:31	4:36	1	-	1	-
00 10	0.35	1:36	4:34	1	-	1	-	3.50	16:07	4:36	1	-	1	-
00 11	0.35	1:34	4:28	1	-	1	-	3.85	17:41	4:35	1	-	1	-
00 12	0.35	1:34	4:28	1	-	1	-	4.20	19:15	4:35	1	-	1	-
00 13	0.35	1:38	4:40	1	-	1	-	4.55	20:53	4:35	1	-	1	-
00 14	0.35	1:37	4:37	1	-	1	-	4.90	22:30	4:35	1	-	1	-
00 15	0.35	1:36	4:34	1	-	1	-	5.25	24:06	4:35	1	-	1	-
00 16	0.35	1:39	4:42	1	-	1	-	5.60	25:45	4:35	1	-	1	-
00 17	0.35	1:36	4:34	1	-	1	-	5.95	27:21	4:35	1	-	1	-
00 18	0.35	1:32	4:22	1	-	1	-	6.30	28:53	4:35	1	-	1	-