



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

Arnstadt / 31.01.2024

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Sabine Wenzel

00: Lauffreff Plaue

00: 14

00: 0.35 km

Halbstundenlauf

0000:

Seniorinnen W55 (55-59) H

000: 29:39

00: 9.21 km/h

0000: 6:30 min/km

0: 13 (4.55 km)

00000/0: 5 (of 8)

00000: 1(of 1)

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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	2:00	5:42	1	-	5	0:25	0.35	2:00	5:42	1	-	5	0:25
00 2	0.35	2:11	6:14	1	-	5	0:37	0.70	4:11	5:58	1	-	5	1:02
00 3	0.35	2:20	6:40	1	-	5	0:45	1.05	6:31	6:12	1	-	5	1:47
00 4	0.35	2:21	6:42	1	-	5	0:46	1.40	8:52	6:20	1	-	5	2:33
00 5	0.35	2:19	6:37	1	-	5	0:42	1.75	11:11	6:23	1	-	5	3:15
00 6	0.35	2:15	6:25	1	-	4	0:37	2.10	13:26	6:23	1	-	5	3:52
00 7	0.35	2:18	6:34	1	-	4	0:38	2.45	15:44	6:25	1	-	5	4:30
00 8	0.35	2:19	6:37	1	-	4	0:39	2.80	18:03	6:26	1	-	5	5:09
00 9	0.35	2:17	6:31	1	-	4	0:40	3.15	20:20	6:27	1	-	5	5:49
00 10	0.35	2:22	6:45	1	-	5	0:46	3.50	22:42	6:29	1	-	5	6:35
00 11	0.35	2:22	6:45	1	-	5	0:48	3.85	25:04	6:30	1	-	5	7:23
00 12	0.35	2:20	6:40	1	-	5	0:46	4.20	27:24	6:31	1	-	5	8:09
00 13	0.35	2:15	6:25	1	-	5	0:37	4.55	29:39	6:30	1	-	5	8:46