



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

Arnstadt / 31.01.2024

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**Katja Voigtmann**

00: VfB Torpedo Ichtershausen

00: 74

00: 0.35 km/00

Stundenlauf

0000:

Seniorinnen W30 (30-34)

000: 59:22

00: 13.80 km/h

0000: 4:20 min/km

0: 39 (13.65 km)

00000/0: 1 (of 11)

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	1:24	4:00	1	-	1	-	0.35	1:24	4:00	1	-	1	-
00 2	0.35	1:32	4:22	1	-	1	-	0.70	2:56	4:11	1	-	1	-
00 3	0.35	1:26	4:05	1	-	1	-	1.05	4:22	4:09	1	-	1	-
00 4	0.35	1:32	4:22	1	-	1	-	1.40	5:54	4:12	1	-	1	-
00 5	0.35	1:26	4:05	1	-	1	-	1.75	7:20	4:11	1	-	1	-
00 6	0.35	1:35	4:31	1	-	1	-	2.10	8:55	4:14	1	-	1	-
00 7	0.35	1:26	4:05	1	-	1	-	2.45	10:21	4:13	1	-	1	-
00 8	0.35	1:36	4:34	1	-	1	-	2.80	11:57	4:16	1	-	1	-
00 9	0.35	1:25	4:02	1	-	1	-	3.15	13:22	4:14	1	-	1	-
00 10	0.35	1:34	4:28	1	-	1	-	3.50	14:56	4:15	1	-	1	-
00 11	0.35	1:27	4:08	1	-	1	-	3.85	16:23	4:15	1	-	1	-
00 12	0.35	1:35	4:31	1	-	1	-	4.20	17:58	4:16	1	-	1	-
00 13	0.35	1:26	4:05	1	-	1	-	4.55	19:24	4:15	1	-	1	-
00 14	0.35	1:34	4:28	1	-	1	-	4.90	20:58	4:16	1	-	1	-
00 15	0.35	1:23	3:57	1	-	1	-	5.25	22:21	4:15	1	-	1	-
00 16	0.35	1:36	4:34	1	-	1	-	5.60	23:57	4:16	1	-	1	-
00 17	0.35	1:29	4:14	1	-	1	-	5.95	25:26	4:16	1	-	1	-
00 18	0.35	1:36	4:34	1	-	1	-	6.30	27:02	4:17	1	-	1	-
00 19	0.35	1:29	4:14	1	-	1	-	6.65	28:31	4:17	1	-	1	-
00 20	0.35	1:40	4:45	1	-	1	-	7.00	30:11	4:18	1	-	1	-
00 21	0.35	1:28	4:11	1	-	1	-	7.35	31:39	4:18	1	-	1	-
00 22	0.35	1:40	4:45	1	-	1	-	7.70	33:19	4:19	1	-	1	-
00 23	0.35	1:30	4:17	1	-	1	-	8.05	34:49	4:19	1	-	1	-
00 24	0.35	1:38	4:40	1	-	1	-	8.40	36:27	4:20	1	-	1	-
00 25	0.35	1:25	4:02	1	-	1	-	8.75	37:52	4:19	1	-	1	-
00 26	0.35	1:37	4:37	1	-	1	-	9.10	39:29	4:20	1	-	1	-
00 27	0.35	1:27	4:08	1	-	1	-	9.45	40:56	4:19	1	-	1	-
00 28	0.35	1:38	4:40	1	-	1	-	9.80	42:34	4:20	1	-	1	-
00 29	0.35	1:28	4:11	1	-	1	-	10.15	44:02	4:20	1	-	1	-
00 30	0.35	1:40	4:45	1	-	1	-	10.50	45:42	4:21	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	0.35	1:27	4:08	1	-	1	-	10.85	47:09	4:20	1	-	1	-
00 32	0.35	1:38	4:40	1	-	1	-	11.20	48:47	4:21	1	-	1	-
00 33	0.35	1:28	4:11	1	-	1	-	11.55	50:15	4:21	1	-	1	-
00 34	0.35	1:36	4:34	1	-	1	-	11.90	51:51	4:21	1	-	1	-
00 35	0.35	1:26	4:05	1	-	1	-	12.25	53:17	4:20	1	-	1	-
00 36	0.35	1:37	4:37	1	-	1	-	12.60	54:54	4:21	1	-	1	-
00 37	0.35	1:27	4:08	1	-	1	-	12.95	56:21	4:21	1	-	1	-
00 38	0.35	1:35	4:31	1	-	1	-	13.30	57:56	4:21	1	-	1	-
00 39	0.35	1:26	4:05	1	-	1	-	13.65	59:22	4:20	1	-	1	-