



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

Arnstadt / 31.01.2024

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Kristin Weber

00: Kita Schillerstrasse

00: 77

00: 0.35 km/00

Stundenlauf

0000:

Seniorinnen W30 (30-34)

000: 58:35

00: 9.22 km/h

0000: 6:26 min/km

0: 26 (9.1 km)

00000/0: 8 (of 11)

00000: 2(of 2)

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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	1:55	5:28	2	0:31	6	0:31	0.35	1:55	5:28	2	0:31	6	0:31
00 2	0.35	1:59	5:40	2	0:27	7	0:27	0.70	3:54	5:34	2	0:58	6	0:58
00 3	0.35	2:12	6:17	2	0:46	8	0:46	1.05	6:06	5:48	2	1:44	7	1:44
00 4	0.35	2:12	6:17	2	0:40	8	0:40	1.40	8:18	5:55	2	2:24	8	2:24
00 5	0.35	2:08	6:05	2	0:42	8	0:42	1.75	10:26	5:57	2	3:06	8	3:06
00 6	0.35	2:11	6:14	2	0:36	8	0:36	2.10	12:37	6:00	2	3:42	8	3:42
00 7	0.35	2:11	6:14	2	0:45	8	0:45	2.45	14:48	6:02	2	4:27	8	4:27
00 8	0.35	2:15	6:25	2	0:39	8	0:39	2.80	17:03	6:05	2	5:06	8	5:06
00 9	0.35	2:19	6:37	2	0:54	7	0:54	3.15	19:22	6:08	2	6:00	8	6:00
00 10	0.35	2:07	6:02	2	0:33	8	0:33	3.50	21:29	6:08	2	6:33	8	6:33
00 11	0.35	2:17	6:31	2	0:50	8	0:50	3.85	23:46	6:10	2	7:23	8	7:23
00 12	0.35	2:21	6:42	2	0:46	8	0:46	4.20	26:07	6:13	2	8:09	8	8:09
00 13	0.35	2:04	5:54	2	0:38	7	0:38	4.55	28:11	6:11	2	8:47	8	8:47
00 14	0.35	2:12	6:17	2	0:38	8	0:38	4.90	30:23	6:12	2	9:25	8	9:25
00 15	0.35	2:23	6:48	2	1:00	8	1:00	5.25	32:46	6:14	2	10:25	8	10:25
00 16	0.35	2:15	6:25	2	0:39	8	0:39	5.60	35:01	6:15	2	11:04	8	11:04
00 17	0.35	2:18	6:34	2	0:49	8	0:49	5.95	37:19	6:16	2	11:53	8	11:53
00 18	0.35	2:20	6:40	2	0:44	9	0:44	6.30	39:39	6:17	2	12:37	8	12:37
00 19	0.35	2:18	6:34	2	0:49	8	0:49	6.65	41:57	6:18	2	13:26	8	13:26
00 20	0.35	2:15	6:25	2	0:35	7	0:35	7.00	44:12	6:18	2	14:01	8	14:01
00 21	0.35	2:24	6:51	2	0:56	8	0:56	7.35	46:36	6:20	2	14:57	8	14:57
00 22	0.35	2:28	7:02	2	0:48	8	0:48	7.70	49:04	6:22	2	15:45	8	15:45
00 23	0.35	2:25	6:54	2	0:55	9	0:55	8.05	51:29	6:23	2	16:40	8	16:40
00 24	0.35	2:23	6:48	2	0:45	7	0:45	8.40	53:52	6:24	2	17:25	8	17:25
00 25	0.35	2:26	6:57	2	1:01	8	1:01	8.75	56:18	6:26	2	18:26	8	18:26
00 26	0.35	2:17	6:31	2	0:40	8	0:40	9.10	58:35	6:26	2	19:06	8	19:06