



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

Arnstadt / 31.01.2024

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Jenny Gräßler

000: 59:19

00: 46

00: 10.97 km/h

00: 0.35 km/00

0000: 5:28 min/km

Stundenlauf

00: 31 (10.85 km)

0000:

00000/00: 4 (of 11)

Seniorinnen W35 (35-39)

00000: 1(of 3)

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	000 -	00 -	00 0	00 0		
00 1	0.35	1:44	4:57	1	-	3	0:20	0.35	1:44	4:57	1	-	3	0:20
00 2	0.35	1:45	5:00	1	-	3	0:13	0.70	3:29	4:58	1	-	3	0:33
00 3	0.35	1:47	5:05	1	-	3	0:21	1.05	5:16	5:00	1	-	3	0:54
00 4	0.35	1:49	5:11	1	-	3	0:17	1.40	7:05	5:03	1	-	3	1:11
00 5	0.35	1:51	5:17	1	-	4	0:25	1.75	8:56	5:06	1	-	3	1:36
00 6	0.35	1:51	5:17	2	0:05	5	0:16	2.10	10:47	5:08	1	-	3	1:52
00 7	0.35	1:53	5:22	2	0:08	5	0:27	2.45	12:40	5:10	1	-	3	2:19
00 8	0.35	1:51	5:17	2	0:03	6	0:15	2.80	14:31	5:11	1	-	4	2:34
00 9	0.35	1:54	5:25	1	-	4	0:29	3.15	16:25	5:12	1	-	4	3:03
00 10	0.35	1:55	5:28	2	0:10	6	0:21	3.50	18:20	5:14	1	-	4	3:24
00 11	0.35	1:56	5:31	2	0:07	6	0:29	3.85	20:16	5:15	1	-	4	3:53
00 12	0.35	1:53	5:22	2	0:03	5	0:18	4.20	22:09	5:16	1	-	4	4:11
00 13	0.35	1:55	5:28	1	-	4	0:29	4.55	24:04	5:17	1	-	4	4:40
00 14	0.35	1:56	5:31	2	0:06	6	0:22	4.90	26:00	5:18	1	-	4	5:02
00 15	0.35	1:56	5:31	2	0:05	6	0:33	5.25	27:56	5:19	1	-	4	5:35
00 16	0.35	1:53	5:22	1	-	4	0:17	5.60	29:49	5:19	1	-	4	5:52
00 17	0.35	1:56	5:31	1	-	4	0:27	5.95	31:45	5:20	1	-	4	6:19
00 18	0.35	1:58	5:37	2	0:07	6	0:22	6.30	33:43	5:21	1	-	4	6:41
00 19	0.35	1:58	5:37	2	0:08	6	0:29	6.65	35:41	5:21	1	-	4	7:10
00 20	0.35	1:56	5:31	1	-	4	0:16	7.00	37:37	5:22	1	-	4	7:26
00 21	0.35	1:56	5:31	1	-	5	0:28	7.35	39:33	5:22	1	-	4	7:54
00 22	0.35	1:57	5:34	2	0:06	6	0:17	7.70	41:30	5:23	1	-	4	8:11
00 23	0.35	1:55	5:28	2	0:06	6	0:25	8.05	43:25	5:23	1	-	4	8:36
00 24	0.35	1:59	5:40	1	-	5	0:21	8.40	45:24	5:24	1	-	4	8:57
00 25	0.35	2:01	5:45	1	-	5	0:36	8.75	47:25	5:25	1	-	4	9:33
00 26	0.35	1:58	5:37	1	-	5	0:21	9.10	49:23	5:25	1	-	4	9:54
00 27	0.35	2:00	5:42	1	-	5	0:33	9.45	51:23	5:26	1	-	4	10:27
00 28	0.35	1:58	5:37	1	-	5	0:20	9.80	53:21	5:26	1	-	4	10:47
00 29	0.35	2:06	6:00	2	0:09	7	0:38	10.15	55:27	5:27	1	-	4	11:25
00 30	0.35	2:00	5:42	2	0:08	6	0:20	10.50	57:27	5:28	1	-	4	11:45



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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	1:52	5:20	1	-	4	0:25	10.85	59:19	5:28	1	-	4	12:10