



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

Arnstadt / 31.01.2024

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Uta Tittelbach-Helmrich

000: 58:58

00: 73

00: 11.75 km/h

00: 0.35 km/00

0000: 5:06 min/km

Stundenlauf

00: 33 (11.55 km)

0000:

00000/0: 2 (of 11)

Seniorinnen W40 (40-44)

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	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	1:44	4:57	1	-	2	0:12	0.70	3:28	4:57	1	-	2	0:32
00 3	0.35	1:45	5:00	1	-	2	0:19	1.05	5:13	4:58	1	-	2	0:51
00 4	0.35	1:47	5:05	1	-	2	0:15	1.40	7:00	5:00	1	-	2	1:06
00 5	0.35	1:46	5:02	1	-	2	0:20	1.75	8:46	5:00	1	-	2	1:26
00 6	0.35	1:43	4:54	1	-	2	0:08	2.10	10:29	4:59	1	-	2	1:34
00 7	0.35	1:45	5:00	1	-	2	0:19	2.45	12:14	4:59	1	-	2	1:53
00 8	0.35	1:46	5:02	1	-	2	0:10	2.80	14:00	5:00	1	-	2	2:03
00 9	0.35	1:46	5:02	1	-	2	0:21	3.15	15:46	5:00	1	-	2	2:24
00 10	0.35	1:47	5:05	1	-	3	0:13	3.50	17:33	5:00	1	-	2	2:37
00 11	0.35	1:46	5:02	1	-	2	0:19	3.85	19:19	5:01	1	-	2	2:56
00 12	0.35	1:47	5:05	1	-	2	0:12	4.20	21:06	5:01	1	-	2	3:08
00 13	0.35	1:48	5:08	1	-	2	0:22	4.55	22:54	5:01	1	-	2	3:30
00 14	0.35	1:50	5:14	1	-	2	0:16	4.90	24:44	5:02	1	-	2	3:46
00 15	0.35	1:51	5:17	1	-	3	0:28	5.25	26:35	5:03	1	-	2	4:14
00 16	0.35	1:49	5:11	1	-	2	0:13	5.60	28:24	5:04	1	-	2	4:27
00 17	0.35	1:48	5:08	1	-	2	0:19	5.95	30:12	5:04	1	-	2	4:46
00 18	0.35	1:49	5:11	1	-	2	0:13	6.30	32:01	5:04	1	-	2	4:59
00 19	0.35	1:48	5:08	1	-	2	0:19	6.65	33:49	5:05	1	-	2	5:18
00 20	0.35	1:48	5:08	1	-	2	0:08	7.00	35:37	5:05	1	-	2	5:26
00 21	0.35	1:48	5:08	1	-	2	0:20	7.35	37:25	5:05	1	-	2	5:46
00 22	0.35	1:46	5:02	1	-	2	0:06	7.70	39:11	5:05	1	-	2	5:52
00 23	0.35	1:51	5:17	1	-	4	0:21	8.05	41:02	5:05	1	-	2	6:13
00 24	0.35	1:48	5:08	1	-	2	0:10	8.40	42:50	5:05	1	-	2	6:23
00 25	0.35	1:51	5:17	1	-	3	0:26	8.75	44:41	5:06	1	-	2	6:49
00 26	0.35	1:51	5:17	1	-	3	0:14	9.10	46:32	5:06	1	-	2	7:03
00 27	0.35	1:49	5:11	1	-	3	0:22	9.45	48:21	5:06	1	-	2	7:25
00 28	0.35	1:44	4:57	1	-	2	0:06	9.80	50:05	5:06	1	-	2	7:31
00 29	0.35	1:45	5:00	1	-	2	0:17	10.15	51:50	5:06	1	-	2	7:48
00 30	0.35	1:49	5:11	1	-	3	0:09	10.50	53:39	5:06	1	-	2	7:57



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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	1:47	5:05	1	-	3	0:20	10.85	55:26	5:06	1	-	2	8:17
00 32	0.35	1:47	5:05	1	-	3	0:09	11.20	57:13	5:06	1	-	2	8:26
00 33	0.35	1:45	5:00	1	-	2	0:17	11.55	58:58	5:06	1	-	2	8:43