



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

Arnstadt / 31.01.2024

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Stephanie Böttcher

□□□: 44:21

□□: 37

□□: 8.05 km/h

□□: 0.35 km/□□

□□□□: 7:27 min/km

Stundenlauf

□: 17 (5.95 km)

□□□□:

□□□□□/□: 11 (of 11)

Seniorinnen W45 (45-49)

□□□□□: 1(of 1)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	0.35	2:22	6:45	1	-	9	0:58	0.35	2:22	6:45	1	-	9	0:58	
□□ 2	0.35	2:28	7:02	1	-	10	0:56	0.70	4:50	6:54	1	-	9	1:54	
□□ 3	0.35	2:32	7:14	1	-	9	1:06	1.05	7:22	7:00	1	-	9	3:00	
□□ 4	0.35	2:34	7:20	1	-	9	1:02	1.40	9:56	7:05	1	-	9	4:02	
□□ 5	0.35	2:33	7:17	1	-	10	1:07	1.75	12:29	7:07	1	-	9	5:09	
□□ 6	0.35	2:39	7:34	1	-	10	1:04	2.10	15:08	7:12	1	-	9	6:13	
□□ 7	0.35	2:40	7:37	1	-	10	1:14	2.45	17:48	7:15	1	-	9	7:27	
□□ 8	0.35	2:37	7:28	1	-	10	1:01	2.80	20:25	7:17	1	-	10	8:28	
□□ 9	0.35	2:40	7:37	1	-	10	1:15	3.15	23:05	7:19	1	-	10	9:43	
□□ 10	0.35	2:50	8:05	1	-	10	1:16	3.50	25:55	7:24	1	-	10	10:59	
□□ 11	0.35	2:37	7:28	1	-	9	1:10	3.85	28:32	7:24	1	-	10	12:09	
□□ 12	0.35	2:38	7:31	1	-	10	1:03	4.20	31:10	7:25	1	-	10	13:12	
□□ 13	0.35	2:40	7:37	1	-	11	1:14	4.55	33:50	7:26	1	-	10	14:26	
□□ 14	0.35	2:38	7:31	1	-	10	1:04	4.90	36:28	7:26	1	-	10	15:30	
□□ 15	0.35	2:39	7:34	1	-	11	1:16	5.25	39:07	7:27	1	-	10	16:46	
□□ 16	0.35	2:40	7:37	1	-	10	1:04	5.60	41:47	7:27	1	-	10	17:50	
□□ 17	0.35	2:34	7:20	1	-	10	1:05	5.95	44:21	7:27	1	-	10	18:55	