



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

Arnstadt / 31.01.2024

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Petra Knoblich

00: Alteburglauftreff

00: 59

00: 0.35 km/00

Stundenlauf

0000:

Seniorinnen W55 (55-59)

000: 59:29

00: 11.10 km/h

0000: 5:09 min/km

0: 33 (11.55 km)

00000/0: 3 (of 11)

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	00 -	00 -	00 0	00 0		
00 1	0.35	1:50	5:14	2	0:09	5	0:26	0.35	1:50	5:14	2	0:09	5	0:26
00 2	0.35	1:46	5:02	1	-	4	0:14	0.70	3:36	5:08	1	-	4	0:40
00 3	0.35	1:47	5:05	1	-	3	0:21	1.05	5:23	5:07	1	-	4	1:01
00 4	0.35	1:49	5:11	1	-	3	0:17	1.40	7:12	5:08	1	-	4	1:18
00 5	0.35	1:50	5:14	1	-	3	0:24	1.75	9:02	5:09	1	-	4	1:42
00 6	0.35	1:50	5:14	1	-	4	0:15	2.10	10:52	5:10	1	-	4	1:57
00 7	0.35	1:49	5:11	1	-	4	0:23	2.45	12:41	5:10	1	-	4	2:20
00 8	0.35	1:47	5:05	1	-	3	0:11	2.80	14:28	5:10	1	-	3	2:31
00 9	0.35	1:48	5:08	1	-	3	0:23	3.15	16:16	5:09	1	-	3	2:54
00 10	0.35	1:48	5:08	1	-	4	0:14	3.50	18:04	5:09	1	-	3	3:08
00 11	0.35	1:48	5:08	1	-	3	0:21	3.85	19:52	5:09	1	-	3	3:29
00 12	0.35	1:48	5:08	1	-	3	0:13	4.20	21:40	5:09	1	-	3	3:42
00 13	0.35	1:48	5:08	1	-	2	0:22	4.55	23:28	5:09	1	-	3	4:04
00 14	0.35	1:50	5:14	1	-	2	0:16	4.90	25:18	5:09	1	-	3	4:20
00 15	0.35	1:49	5:11	1	-	2	0:26	5.25	27:07	5:09	1	-	3	4:46
00 16	0.35	1:49	5:11	1	-	2	0:13	5.60	28:56	5:10	1	-	3	4:59
00 17	0.35	1:49	5:11	1	-	3	0:20	5.95	30:45	5:10	1	-	3	5:19
00 18	0.35	1:50	5:14	1	-	3	0:14	6.30	32:35	5:10	1	-	3	5:33
00 19	0.35	1:51	5:17	1	-	4	0:22	6.65	34:26	5:10	1	-	3	5:55
00 20	0.35	1:50	5:14	1	-	3	0:10	7.00	36:16	5:10	1	-	3	6:05
00 21	0.35	1:50	5:14	1	-	3	0:22	7.35	38:06	5:11	1	-	3	6:27
00 22	0.35	1:48	5:08	1	-	3	0:08	7.70	39:54	5:10	1	-	3	6:35
00 23	0.35	1:50	5:14	1	-	3	0:20	8.05	41:44	5:11	1	-	3	6:55
00 24	0.35	1:48	5:08	1	-	2	0:10	8.40	43:32	5:10	1	-	3	7:05
00 25	0.35	1:48	5:08	1	-	2	0:23	8.75	45:20	5:10	1	-	3	7:28
00 26	0.35	1:45	5:00	1	-	2	0:08	9.10	47:05	5:10	1	-	3	7:36
00 27	0.35	1:47	5:05	1	-	2	0:20	9.45	48:52	5:10	1	-	3	7:56
00 28	0.35	1:46	5:02	1	-	3	0:08	9.80	50:38	5:10	1	-	3	8:04
00 29	0.35	1:47	5:05	1	-	3	0:19	10.15	52:25	5:09	1	-	3	8:23
00 30	0.35	1:47	5:05	1	-	2	0:07	10.50	54:12	5:09	1	-	3	8:30



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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	1:46	5:02	1	-	2	0:19	10.85	55:58	5:09	1	-	3	8:49
00 32	0.35	1:46	5:02	1	-	2	0:08	11.20	57:44	5:09	1	-	3	8:57
00 33	0.35	1:45	5:00	1	-	2	0:17	11.55	59:29	5:09	1	-	3	9:14