



# 1. SPORTident Winter-Stundenlaufserie mit Musik (2. Lauf)

Arnstadt / 21.02.2024

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Katja Röder

000: 28:55

00: 18

00: 12.45 km/h

00: 0.35 km/00

0000: 4:20 min/km

Halbstundenlauf

00: 19 (6.65 km)

0000:

00000/0: 1 (of 14)

Seniorinnen W40 (40-44) H

00000: 1(of 4)

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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 1	0.35	1:20	3:48	1	-	1	-	0.35	1:20	3:48	1	-	1	-
00 2	0.35	1:26	4:05	1	-	1	-	0.70	2:46	3:57	1	-	1	-
00 3	0.35	1:30	4:17	1	-	1	-	1.05	4:16	4:03	1	-	1	-
00 4	0.35	1:28	4:11	1	-	1	-	1.40	5:44	4:05	1	-	1	-
00 5	0.35	1:31	4:19	1	-	1	-	1.75	7:15	4:08	1	-	1	-
00 6	0.35	1:31	4:19	1	-	1	-	2.10	8:46	4:10	1	-	1	-
00 7	0.35	1:33	4:25	1	-	1	-	2.45	10:19	4:12	1	-	1	-
00 8	0.35	1:30	4:17	1	-	1	-	2.80	11:49	4:13	1	-	1	-
00 9	0.35	1:32	4:22	1	-	1	-	3.15	13:21	4:14	1	-	1	-
00 10	0.35	1:32	4:22	1	-	1	-	3.50	14:53	4:15	1	-	1	-
00 11	0.35	1:32	4:22	1	-	1	-	3.85	16:25	4:15	1	-	1	-
00 12	0.35	1:33	4:25	1	-	1	-	4.20	17:58	4:16	1	-	1	-
00 13	0.35	1:34	4:28	1	-	1	-	4.55	19:32	4:17	1	-	1	-
00 14	0.35	1:34	4:28	1	-	1	-	4.90	21:06	4:18	1	-	1	-
00 15	0.35	1:33	4:25	1	-	1	-	5.25	22:39	4:18	1	-	1	-
00 16	0.35	1:35	4:31	1	-	1	-	5.60	24:14	4:19	1	-	1	-
00 17	0.35	1:35	4:31	1	-	1	-	5.95	25:49	4:20	1	-	1	-
00 18	0.35	1:33	4:25	1	-	1	-	6.30	27:22	4:20	1	-	1	-
00 19	0.35	1:33	4:25	1	-	1	-	6.65	28:55	4:20	1	-	1	-