



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

Arnstadt / 21.02.2024

0000

Miley Franke

000: 28:20

00: 5

00: 8.47 km/h

00: 0.35 km/00

0000: 5:46 min/km

Halbstundenlauf

00: 14 (4.9 km)

0000:

00000/00: 6 (of 14)

weibliche Jugend U16 (14/15)

00000: 1(of 1)

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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	2:00	5:42	1	-	6	0:40	0.35	2:00	5:42	1	-	6	0:40
00 2	0.35	1:56	5:31	1	-	6	0:30	0.70	3:56	5:37	1	-	6	1:10
00 3	0.35	1:56	5:31	1	-	6	0:26	1.05	5:52	5:35	1	-	6	1:36
00 4	0.35	1:54	5:25	1	-	5	0:26	1.40	7:46	5:32	1	-	6	2:02
00 5	0.35	1:55	5:28	1	-	3	0:24	1.75	9:41	5:31	1	-	6	2:26
00 6	0.35	2:09	6:08	1	-	7	0:38	2.10	11:50	5:38	1	-	6	3:04
00 7	0.35	1:57	5:34	1	-	3	0:24	2.45	13:47	5:37	1	-	6	3:28
00 8	0.35	2:00	5:42	1	-	5	0:30	2.80	15:47	5:38	1	-	6	3:58
00 9	0.35	2:03	5:51	1	-	5	0:31	3.15	17:50	5:39	1	-	6	4:29
00 10	0.35	2:04	5:54	1	-	6	0:32	3.50	19:54	5:41	1	-	6	5:01
00 11	0.35	2:05	5:57	1	-	6	0:33	3.85	21:59	5:42	1	-	6	5:34
00 12	0.35	2:05	5:57	1	-	6	0:32	4.20	24:04	5:43	1	-	6	6:06
00 13	0.35	2:09	6:08	1	-	6	0:35	4.55	26:13	5:45	1	-	6	6:41
00 14	0.35	2:07	6:02	1	-	7	0:33	4.90	28:20	5:46	1	-	6	7:14