



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

Arnstadt / 21.02.2024

0000

Vanessa Groll

000: 29:56

00: 8

00: 10.02 km/h

00: 0.35 km/00

0000: 5:42 min/km

Halbstundenlauf

00: 15 (5.25 km)

0000:

00000/00: 5 (of 14)

weibliche Jugend U20 (18/19) H

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	1:54	5:25	1	-	5	0:34	0.35	1:54	5:25	1	-	5	0:34
00 2	0.35	1:50	5:14	1	-	3	0:24	0.70	3:44	5:20	1	-	5	0:58
00 3	0.35	1:52	5:20	1	-	3	0:22	1.05	5:36	5:20	1	-	5	1:20
00 4	0.35	1:55	5:28	1	-	6	0:27	1.40	7:31	5:22	1	-	5	1:47
00 5	0.35	1:58	5:37	1	-	6	0:27	1.75	9:29	5:25	1	-	5	2:14
00 6	0.35	2:00	5:42	1	-	4	0:29	2.10	11:29	5:28	1	-	5	2:43
00 7	0.35	2:04	5:54	1	-	6	0:31	2.45	13:33	5:31	1	-	5	3:14
00 8	0.35	2:03	5:51	1	-	6	0:33	2.80	15:36	5:34	1	-	5	3:47
00 9	0.35	2:07	6:02	1	-	6	0:35	3.15	17:43	5:37	1	-	5	4:22
00 10	0.35	2:02	5:48	1	-	4	0:30	3.50	19:45	5:38	1	-	5	4:52
00 11	0.35	2:03	5:51	1	-	4	0:31	3.85	21:48	5:39	1	-	5	5:23
00 12	0.35	2:03	5:51	1	-	5	0:30	4.20	23:51	5:40	1	-	5	5:53
00 13	0.35	2:04	5:54	1	-	5	0:30	4.55	25:55	5:41	1	-	5	6:23
00 14	0.35	2:03	5:51	1	-	6	0:29	4.90	27:58	5:42	1	-	5	6:52
00 15	0.35	1:58	5:37	1	-	4	0:25	5.25	29:56	5:42	1	-	5	7:17