



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

Arnstadt / 21.02.2024

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Mariko Bechmann

00: Lauffeuer Fröttstädt e.V.

00: 44

00: 0.35 km/00

Stundenlauf

0000:

Seniorinnen W35 (35-39)

000: 58:55

00: 11.05 km/h

0000: 5:25 min/km

0: 31 (10.85 km)

00000/0: 3 (of 13)

00000: 1(of 4)

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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	4	0:20	0.35	1:50	5:14	2	0:09	4	0:20
00 2	0.35	1:53	5:22	2	0:05	5	0:26	0.70	3:43	5:18	2	0:14	4	0:46
00 3	0.35	1:53	5:22	2	0:01	5	0:28	1.05	5:36	5:20	2	0:15	5	1:14
00 4	0.35	1:51	5:17	1	-	4	0:05	1.40	7:27	5:19	2	0:10	5	1:19
00 5	0.35	1:53	5:22	1	-	4	0:29	1.75	9:20	5:20	2	0:06	5	1:48
00 6	0.35	1:55	5:28	1	-	4	0:30	2.10	11:15	5:21	1	-	4	2:18
00 7	0.35	1:55	5:28	1	-	3	0:28	2.45	13:10	5:22	1	-	4	2:46
00 8	0.35	1:54	5:25	1	-	4	0:05	2.80	15:04	5:22	1	-	4	2:51
00 9	0.35	1:53	5:22	1	-	4	0:27	3.15	16:57	5:22	1	-	4	3:18
00 10	0.35	1:51	5:17	1	-	3	0:25	3.50	18:48	5:22	1	-	4	3:43
00 11	0.35	1:55	5:28	1	-	4	0:28	3.85	20:43	5:22	1	-	4	4:11
00 12	0.35	1:55	5:28	1	-	4	0:06	4.20	22:38	5:23	1	-	4	4:16
00 13	0.35	1:54	5:25	1	-	3	0:28	4.55	24:32	5:23	1	-	4	4:44
00 14	0.35	1:54	5:25	1	-	3	0:26	4.90	26:26	5:23	1	-	4	5:10
00 15	0.35	1:55	5:28	1	-	3	0:28	5.25	28:21	5:24	1	-	4	5:38
00 16	0.35	1:54	5:25	1	-	3	0:03	5.60	30:15	5:24	1	-	4	5:39
00 17	0.35	1:54	5:25	1	-	3	0:26	5.95	32:09	5:24	1	-	4	6:05
00 18	0.35	1:56	5:31	1	-	4	0:27	6.30	34:05	5:24	1	-	4	6:32
00 19	0.35	1:58	5:37	1	-	4	0:30	6.65	36:03	5:25	1	-	4	7:02
00 20	0.35	1:55	5:28	1	-	2	0:02	7.00	37:58	5:25	1	-	4	7:02
00 21	0.35	1:54	5:25	1	-	2	0:27	7.35	39:52	5:25	1	-	4	7:29
00 22	0.35	1:57	5:34	1	-	2	0:29	7.70	41:49	5:25	1	-	4	7:58
00 23	0.35	1:55	5:28	1	-	2	0:27	8.05	43:44	5:25	1	-	4	8:25
00 24	0.35	1:56	5:31	1	-	3	0:02	8.40	45:40	5:26	1	-	4	8:27
00 25	0.35	1:55	5:28	1	-	3	0:26	8.75	47:35	5:26	1	-	4	8:53
00 26	0.35	1:56	5:31	1	-	3	0:27	9.10	49:31	5:26	1	-	3	9:20
00 27	0.35	1:53	5:22	1	-	2	0:24	9.45	51:24	5:26	1	-	3	9:44
00 28	0.35	1:54	5:25	1	-	1	-	9.80	53:18	5:26	1	-	3	9:42
00 29	0.35	1:55	5:28	1	-	3	0:24	10.15	55:13	5:26	1	-	3	10:06
00 30	0.35	1:50	5:14	1	-	2	0:21	10.50	57:03	5:25	1	-	3	10:27



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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	1:52	5:20	1	-	3	0:24	10.85	58:55	5:25	1	-	3	10:51