



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

Arnstadt / 21.02.2024

0000

Jenny Gräßler

000: 59:43

00: 52

00: 10.05 km/h

00: 0.35 km/00

0000: 5:53 min/km

Stundenlauf

00: 29 (10.15 km)

0000:

00000/00: 5 (of 13)

Seniorinnen W35 (35-39)

00000: 2(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	1:41	4:48	1	-	3	0:11	0.35	1:41	4:48	1	-	3	0:11
00 2	0.35	1:48	5:08	1	-	3	0:21	0.70	3:29	4:58	1	-	3	0:32
00 3	0.35	1:52	5:20	1	-	4	0:27	1.05	5:21	5:05	1	-	3	0:59
00 4	0.35	1:56	5:31	2	0:05	6	0:10	1.40	7:17	5:12	1	-	3	1:09
00 5	0.35	1:57	5:34	2	0:04	5	0:33	1.75	9:14	5:16	1	-	4	1:42
00 6	0.35	2:02	5:48	2	0:07	6	0:37	2.10	11:16	5:21	2	0:01	5	2:19
00 7	0.35	2:02	5:48	2	0:07	6	0:35	2.45	13:18	5:25	2	0:08	5	2:54
00 8	0.35	2:03	5:51	2	0:09	6	0:14	2.80	15:21	5:28	2	0:17	5	3:08
00 9	0.35	2:06	6:00	2	0:13	6	0:40	3.15	17:27	5:32	2	0:30	5	3:48
00 10	0.35	2:05	5:57	2	0:14	6	0:39	3.50	19:32	5:34	2	0:44	5	4:27
00 11	0.35	2:04	5:54	2	0:09	5	0:37	3.85	21:36	5:36	2	0:53	5	5:04
00 12	0.35	2:08	6:05	2	0:13	6	0:19	4.20	23:44	5:39	2	1:06	5	5:22
00 13	0.35	2:08	6:05	2	0:14	6	0:42	4.55	25:52	5:41	2	1:20	5	6:04
00 14	0.35	2:07	6:02	2	0:13	6	0:39	4.90	27:59	5:42	2	1:33	5	6:43
00 15	0.35	2:07	6:02	2	0:12	6	0:40	5.25	30:06	5:44	2	1:45	5	7:23
00 16	0.35	2:10	6:11	2	0:16	6	0:19	5.60	32:16	5:45	2	2:01	5	7:40
00 17	0.35	2:11	6:14	2	0:17	6	0:43	5.95	34:27	5:47	2	2:18	5	8:23
00 18	0.35	2:08	6:05	2	0:12	5	0:39	6.30	36:35	5:48	2	2:30	5	9:02
00 19	0.35	2:10	6:11	2	0:12	5	0:42	6.65	38:45	5:49	2	2:42	5	9:44
00 20	0.35	2:08	6:05	2	0:13	5	0:15	7.00	40:53	5:50	2	2:55	5	9:57
00 21	0.35	2:09	6:08	2	0:15	5	0:42	7.35	43:02	5:51	2	3:10	5	10:39
00 22	0.35	2:08	6:05	2	0:11	5	0:40	7.70	45:10	5:51	2	3:21	5	11:19
00 23	0.35	2:08	6:05	2	0:13	5	0:40	8.05	47:18	5:52	2	3:34	5	11:59
00 24	0.35	2:05	5:57	2	0:09	5	0:11	8.40	49:23	5:52	2	3:43	5	12:10
00 25	0.35	2:06	6:00	2	0:11	5	0:37	8.75	51:29	5:53	2	3:54	5	12:47
00 26	0.35	2:07	6:02	2	0:11	5	0:38	9.10	53:36	5:53	2	4:05	5	13:25
00 27	0.35	2:05	5:57	2	0:12	5	0:36	9.45	55:41	5:53	2	4:17	5	14:01
00 28	0.35	2:03	5:51	2	0:09	5	0:09	9.80	57:44	5:53	2	4:26	5	14:08
00 29	0.35	1:59	5:40	2	0:04	4	0:28	10.15	59:43	5:53	2	4:30	5	14:36