



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

Arnstadt / 21.02.2024

0000

Svenja Moritz

00: SPORTident

00: 63

00: 0.35 km/00

Stundenlauf

0000:

Seniorinnen W35 (35-39)

000: 57:51

00: 8.71 km/h

0000: 6:53 min/km

0: 24 (8.4 km)

00000/0: 7 (of 13)

00000: 3(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	2:11	6:14	3	0:30	8	0:41	0.35	2:11	6:14	3	0:30	8	0:41
00 2	0.35	2:15	6:25	3	0:27	8	0:48	0.70	4:26	6:20	3	0:57	7	1:29
00 3	0.35	2:15	6:25	3	0:23	7	0:50	1.05	6:41	6:21	3	1:20	7	2:19
00 4	0.35	2:18	6:34	3	0:27	9	0:32	1.40	8:59	6:24	3	1:42	7	2:51
00 5	0.35	2:20	6:40	3	0:27	10	0:56	1.75	11:19	6:28	3	2:05	7	3:47
00 6	0.35	2:22	6:45	3	0:27	10	0:57	2.10	13:41	6:30	3	2:26	7	4:44
00 7	0.35	2:23	6:48	3	0:28	9	0:56	2.45	16:04	6:33	3	2:54	7	5:40
00 8	0.35	2:25	6:54	3	0:31	7	0:36	2.80	18:29	6:36	3	3:25	7	6:16
00 9	0.35	2:23	6:48	3	0:30	7	0:57	3.15	20:52	6:37	3	3:55	7	7:13
00 10	0.35	2:24	6:51	3	0:33	9	0:58	3.50	23:16	6:38	3	4:28	7	8:11
00 11	0.35	2:28	7:02	3	0:33	7	1:01	3.85	25:44	6:41	3	5:01	7	9:12
00 12	0.35	2:27	7:00	3	0:32	9	0:38	4.20	28:11	6:42	3	5:33	7	9:49
00 13	0.35	2:35	7:22	4	0:41	11	1:09	4.55	30:46	6:45	3	6:14	7	10:58
00 14	0.35	2:32	7:14	3	0:38	7	1:04	4.90	33:18	6:47	3	6:52	7	12:02
00 15	0.35	2:26	6:57	3	0:31	9	0:59	5.25	35:44	6:48	3	7:23	9	13:01
00 16	0.35	2:25	6:54	3	0:31	9	0:34	5.60	38:09	6:48	3	7:54	9	13:33
00 17	0.35	2:29	7:05	3	0:35	10	1:01	5.95	40:38	6:49	3	8:29	9	14:34
00 18	0.35	2:32	7:14	3	0:36	9	1:03	6.30	43:10	6:51	3	9:05	9	15:37
00 19	0.35	2:34	7:20	3	0:36	10	1:06	6.65	45:44	6:52	3	9:41	9	16:43
00 20	0.35	2:30	7:08	3	0:35	7	0:37	7.00	48:14	6:53	3	10:16	9	17:18
00 21	0.35	2:30	7:08	3	0:36	8	1:03	7.35	50:44	6:54	3	10:52	9	18:21
00 22	0.35	2:27	7:00	3	0:30	7	0:59	7.70	53:11	6:54	3	11:22	9	19:20
00 23	0.35	2:22	6:45	3	0:27	7	0:54	8.05	55:33	6:54	3	11:49	9	20:14
00 24	0.35	2:18	6:34	3	0:22	7	0:24	8.40	57:51	6:53	3	12:11	7	20:38