



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

Arnstadt / 21.02.2024

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Tina Geyer

00: Kita Schillerstraße

00: 82

00: 0.35 km/00

Stundenlauf

0000:

Seniorinnen W35 (35-39)

000: 58:17

00: 8.24 km/h

0000: 7:14 min/km

0: 23 (8.05 km)

00000/0: 10 (of 13)

00000: 4(of 4)

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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	2:21	6:42	4	0:40	11	0:51	0.35	2:21	6:42	4	0:40	11	0:51
00 2	0.35	2:18	6:34	4	0:30	10	0:51	0.70	4:39	6:38	4	1:10	11	1:42
00 3	0.35	2:23	6:48	4	0:31	10	0:58	1.05	7:02	6:41	4	1:41	10	2:40
00 4	0.35	2:27	7:00	4	0:36	10	0:41	1.40	9:29	6:46	4	2:12	10	3:21
00 5	0.35	2:32	7:14	4	0:39	11	1:08	1.75	12:01	6:52	4	2:47	10	4:29
00 6	0.35	2:32	7:14	4	0:37	11	1:07	2.10	14:33	6:55	4	3:18	10	5:36
00 7	0.35	2:36	7:25	4	0:41	11	1:09	2.45	17:09	7:00	4	3:59	10	6:45
00 8	0.35	2:28	7:02	4	0:34	10	0:39	2.80	19:37	7:00	4	4:33	10	7:24
00 9	0.35	2:29	7:05	4	0:36	10	1:03	3.15	22:06	7:00	4	5:09	10	8:27
00 10	0.35	2:34	7:20	4	0:43	10	1:08	3.50	24:40	7:02	4	5:52	10	9:35
00 11	0.35	2:36	7:25	4	0:41	10	1:09	3.85	27:16	7:04	4	6:33	10	10:44
00 12	0.35	2:38	7:31	4	0:43	12	0:49	4.20	29:54	7:07	4	7:16	10	11:32
00 13	0.35	2:31	7:11	3	0:37	8	1:05	4.55	32:25	7:07	4	7:53	10	12:37
00 14	0.35	2:33	7:17	4	0:39	10	1:05	4.90	34:58	7:08	4	8:32	10	13:42
00 15	0.35	2:33	7:17	4	0:38	10	1:06	5.25	37:31	7:08	4	9:10	10	14:48
00 16	0.35	2:38	7:31	4	0:44	11	0:47	5.60	40:09	7:10	4	9:54	10	15:33
00 17	0.35	2:38	7:31	4	0:44	12	1:10	5.95	42:47	7:11	4	10:38	10	16:43
00 18	0.35	2:35	7:22	4	0:39	12	1:06	6.30	45:22	7:12	4	11:17	10	17:49
00 19	0.35	2:39	7:34	4	0:41	12	1:11	6.65	48:01	7:13	4	11:58	10	19:00
00 20	0.35	2:40	7:37	4	0:45	12	0:47	7.00	50:41	7:14	4	12:43	10	19:45
00 21	0.35	2:36	7:25	4	0:42	12	1:09	7.35	53:17	7:14	4	13:25	10	20:54
00 22	0.35	2:37	7:28	4	0:40	11	1:09	7.70	55:54	7:15	4	14:05	10	22:03
00 23	0.35	2:23	6:48	4	0:28	8	0:55	8.05	58:17	7:14	4	14:33	10	22:58