



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

Arnstadt / 21.02.2024

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Uta Tittelbach-Helmrich

000: 58:49

00: 77

00: 11.43 km/h

00: 0.35 km/00

0000: 5:15 min/km

Stundenlauf

0: 32 (11.2 km)

0000:

00000/0: 2 (of 13)

Seniorinnen W40 (40-44)

00000: 1(of 1)

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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	1:35	4:31	1	-	2	0:05	0.35	1:35	4:31	1	-	2	0:05
00 2	0.35	1:43	4:54	1	-	2	0:16	0.70	3:18	4:42	1	-	2	0:21
00 3	0.35	1:46	5:02	1	-	2	0:21	1.05	5:04	4:49	1	-	2	0:42
00 4	0.35	1:48	5:08	1	-	2	0:02	1.40	6:52	4:54	1	-	2	0:44
00 5	0.35	1:45	5:00	1	-	2	0:21	1.75	8:37	4:55	1	-	2	1:05
00 6	0.35	1:50	5:14	1	-	2	0:25	2.10	10:27	4:58	1	-	2	1:30
00 7	0.35	1:52	5:20	1	-	2	0:25	2.45	12:19	5:01	1	-	2	1:55
00 8	0.35	1:51	5:17	1	-	3	0:02	2.80	14:10	5:03	1	-	2	1:57
00 9	0.35	1:49	5:11	1	-	2	0:23	3.15	15:59	5:04	1	-	2	2:20
00 10	0.35	1:50	5:14	1	-	2	0:24	3.50	17:49	5:05	1	-	2	2:44
00 11	0.35	1:50	5:14	1	-	2	0:23	3.85	19:39	5:06	1	-	2	3:07
00 12	0.35	1:49	5:11	1	-	1	-	4.20	21:28	5:06	1	-	2	3:06
00 13	0.35	1:53	5:22	1	-	2	0:27	4.55	23:21	5:07	1	-	2	3:33
00 14	0.35	1:52	5:20	1	-	2	0:24	4.90	25:13	5:08	1	-	2	3:57
00 15	0.35	1:52	5:20	1	-	2	0:25	5.25	27:05	5:09	1	-	2	4:22
00 16	0.35	1:51	5:17	1	-	1	-	5.60	28:56	5:10	1	-	2	4:20
00 17	0.35	1:52	5:20	1	-	2	0:24	5.95	30:48	5:10	1	-	2	4:44
00 18	0.35	1:49	5:11	1	-	2	0:20	6.30	32:37	5:10	1	-	2	5:04
00 19	0.35	1:52	5:20	1	-	2	0:24	6.65	34:29	5:11	1	-	2	5:28
00 20	0.35	1:53	5:22	1	-	1	-	7.00	36:22	5:11	1	-	2	5:26
00 21	0.35	1:55	5:28	1	-	3	0:28	7.35	38:17	5:12	1	-	2	5:54
00 22	0.35	1:57	5:34	1	-	2	0:29	7.70	40:14	5:13	1	-	2	6:23
00 23	0.35	1:56	5:31	1	-	3	0:28	8.05	42:10	5:14	1	-	2	6:51
00 24	0.35	1:54	5:25	1	-	1	-	8.40	44:04	5:14	1	-	2	6:51
00 25	0.35	1:53	5:22	1	-	2	0:24	8.75	45:57	5:15	1	-	2	7:15
00 26	0.35	1:49	5:11	1	-	2	0:20	9.10	47:46	5:14	1	-	2	7:35
00 27	0.35	1:53	5:22	1	-	2	0:24	9.45	49:39	5:15	1	-	2	7:59
00 28	0.35	1:54	5:25	1	-	1	-	9.80	51:33	5:15	1	-	2	7:57
00 29	0.35	1:49	5:11	1	-	2	0:18	10.15	53:22	5:15	1	-	2	8:15
00 30	0.35	1:53	5:22	1	-	3	0:24	10.50	55:15	5:15	1	-	2	8:39



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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	1:49	5:11	1	-	2	0:21	10.85	57:04	5:15	1	-	2	9:00
00 32	0.35	1:45	5:00	1	-	1	-	11.20	58:49	5:15	1	-	2	8:47