



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

Arnstadt / 21.02.2024

0000

Stephanie Böttcher

000: 58:19

00: 48

00: 8.23 km/h

00: 0.35 km/00

0000: 7:14 min/km

Stundenlauf

0: 23 (8.05 km)

0000:

00000/0: 11 (of 13)

Seniorinnen W45 (45-49)

00000: 2(of 2)

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0000

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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	2:44	7:48	2	0:49	12	1:14	0.35	2:44	7:48	2	0:49	12	1:14
00 2	0.35	2:32	7:14	2	0:44	12	1:05	0.70	5:16	7:31	2	1:33	12	2:19
00 3	0.35	2:33	7:17	2	0:46	12	1:08	1.05	7:49	7:26	2	2:19	12	3:27
00 4	0.35	2:27	7:00	2	0:37	10	0:41	1.40	10:16	7:20	2	2:56	12	4:08
00 5	0.35	2:05	5:57	2	0:16	7	0:41	1.75	12:21	7:03	2	3:12	11	4:49
00 6	0.35	2:21	6:42	2	0:30	7	0:56	2.10	14:42	7:00	2	3:42	11	5:45
00 7	0.35	2:45	7:51	2	0:50	12	1:18	2.45	17:27	7:07	2	4:32	11	7:03
00 8	0.35	2:42	7:42	2	0:53	12	0:53	2.80	20:09	7:11	2	5:25	12	7:56
00 9	0.35	2:40	7:37	2	0:48	12	1:14	3.15	22:49	7:14	2	6:13	12	9:10
00 10	0.35	2:38	7:31	2	0:45	12	1:12	3.50	25:27	7:16	2	6:58	12	10:22
00 11	0.35	2:37	7:28	2	0:44	11	1:10	3.85	28:04	7:17	2	7:42	12	11:32
00 12	0.35	2:36	7:25	2	0:42	11	0:47	4.20	30:40	7:18	2	8:24	12	12:18
00 13	0.35	2:17	6:31	2	0:22	7	0:51	4.55	32:57	7:14	2	8:46	12	13:09
00 14	0.35	2:40	7:37	2	0:42	12	1:12	4.90	35:37	7:16	2	9:28	12	14:21
00 15	0.35	2:38	7:31	2	0:41	12	1:11	5.25	38:15	7:17	2	10:09	12	15:32
00 16	0.35	2:33	7:17	2	0:37	10	0:42	5.60	40:48	7:17	2	10:46	11	16:12
00 17	0.35	2:30	7:08	2	0:35	11	1:02	5.95	43:18	7:16	2	11:21	12	17:14
00 18	0.35	2:32	7:14	2	0:38	9	1:03	6.30	45:50	7:16	2	11:59	12	18:17
00 19	0.35	2:35	7:22	2	0:38	11	1:07	6.65	48:25	7:16	2	12:37	12	19:24
00 20	0.35	2:35	7:22	2	0:40	10	0:42	7.00	51:00	7:17	2	13:17	12	20:04
00 21	0.35	2:28	7:02	2	0:32	7	1:01	7.35	53:28	7:16	2	13:49	12	21:05
00 22	0.35	2:27	7:00	2	0:29	7	0:59	7.70	55:55	7:15	2	14:18	11	22:04
00 23	0.35	2:24	6:51	2	0:26	9	0:56	8.05	58:19	7:14	2	14:44	11	23:00