



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

Arnstadt / 21.02.2024

0000

Astrid Grimm

000: 57:59

00: 53

00: 8.28 km/h

00: 0.35 km/00

0000: 6:54 min/km

Stundenlauf

0: 24 (8.4 km)

0000:

00000/0: 8 (of 13)

Seniorinnen W50 (50-54)

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	2:17	6:31	1	-	9	0:47	0.35	2:17	6:31	1	-	9	0:47
00 2	0.35	2:15	6:25	1	-	8	0:48	0.70	4:32	6:28	1	-	9	1:35
00 3	0.35	2:15	6:25	1	-	7	0:50	1.05	6:47	6:27	1	-	8	2:25
00 4	0.35	2:17	6:31	1	-	7	0:31	1.40	9:04	6:28	1	-	8	2:56
00 5	0.35	2:19	6:37	1	-	8	0:55	1.75	11:23	6:30	1	-	8	3:51
00 6	0.35	2:21	6:42	1	-	7	0:56	2.10	13:44	6:32	1	-	8	4:47
00 7	0.35	2:22	6:45	1	-	8	0:55	2.45	16:06	6:34	1	-	9	5:42
00 8	0.35	2:26	6:57	1	-	8	0:37	2.80	18:32	6:37	1	-	9	6:19
00 9	0.35	2:23	6:48	1	-	7	0:57	3.15	20:55	6:38	1	-	8	7:16
00 10	0.35	2:23	6:48	1	-	7	0:57	3.50	23:18	6:39	1	-	8	8:13
00 11	0.35	2:28	7:02	1	-	7	1:01	3.85	25:46	6:41	1	-	8	9:14
00 12	0.35	2:26	6:57	1	-	7	0:37	4.20	28:12	6:42	1	-	8	9:50
00 13	0.35	2:34	7:20	1	-	9	1:08	4.55	30:46	6:45	1	-	7	10:58
00 14	0.35	2:32	7:14	1	-	7	1:04	4.90	33:18	6:47	1	-	7	12:02
00 15	0.35	2:22	6:45	1	-	7	0:55	5.25	35:40	6:47	1	-	7	12:57
00 16	0.35	2:24	6:51	1	-	7	0:33	5.60	38:04	6:47	1	-	7	13:28
00 17	0.35	2:25	6:54	1	-	7	0:57	5.95	40:29	6:48	1	-	7	14:25
00 18	0.35	2:27	7:00	1	-	7	0:58	6.30	42:56	6:48	1	-	7	15:23
00 19	0.35	2:30	7:08	1	-	7	1:02	6.65	45:26	6:49	1	-	7	16:25
00 20	0.35	2:30	7:08	1	-	7	0:37	7.00	47:56	6:50	1	-	7	17:00
00 21	0.35	2:33	7:17	1	-	10	1:06	7.35	50:29	6:52	1	-	7	18:06
00 22	0.35	2:31	7:11	1	-	9	1:03	7.70	53:00	6:52	1	-	7	19:09
00 23	0.35	2:32	7:14	1	-	10	1:04	8.05	55:32	6:53	1	-	7	20:13
00 24	0.35	2:27	7:00	1	-	8	0:33	8.40	57:59	6:54	1	-	8	20:46