



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

Arnstadt / 21.02.2024

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Martina Wenzlaff

00: Jazzverein Arnstadt

00: 83

00: 0.35 km/00

Stundenlauf

0000:

Seniorinnen W60 (60-64)

000: 58:44

00: 8.17 km/h

0000: 7:17 min/km

0: 23 (8.05 km)

00000/0: 12 (of 13)

00000: 2(of 2)

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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	2:07	6:02	1	-	6	0:37	0.35	2:07	6:02	1	-	6	0:37
00 2	0.35	2:24	6:51	2	0:10	11	0:57	0.70	4:31	6:27	1	-	8	1:34
00 3	0.35	2:32	7:14	2	0:17	11	1:07	1.05	7:03	6:42	2	0:16	11	2:41
00 4	0.35	2:45	7:51	2	0:28	12	0:59	1.40	9:48	7:00	2	0:44	11	3:40
00 5	0.35	2:38	7:31	2	0:19	12	1:14	1.75	12:26	7:06	2	1:03	12	4:54
00 6	0.35	2:35	7:22	2	0:14	12	1:10	2.10	15:01	7:09	2	1:17	12	6:04
00 7	0.35	2:30	7:08	2	0:09	10	1:03	2.45	17:31	7:08	2	1:26	12	7:07
00 8	0.35	2:32	7:14	2	0:06	11	0:43	2.80	20:03	7:09	2	1:32	11	7:50
00 9	0.35	2:32	7:14	2	0:08	11	1:06	3.15	22:35	7:10	2	1:40	11	8:56
00 10	0.35	2:35	7:22	2	0:12	11	1:09	3.50	25:10	7:11	2	1:52	11	10:05
00 11	0.35	2:39	7:34	2	0:11	12	1:12	3.85	27:49	7:13	2	2:03	11	11:17
00 12	0.35	2:27	7:00	2	0:01	9	0:38	4.20	30:16	7:12	2	2:04	11	11:54
00 13	0.35	2:35	7:22	2	0:01	11	1:09	4.55	32:51	7:13	2	2:05	11	13:03
00 14	0.35	2:38	7:31	2	0:06	11	1:10	4.90	35:29	7:14	2	2:11	11	14:13
00 15	0.35	2:33	7:17	2	0:11	10	1:06	5.25	38:02	7:14	2	2:22	11	15:19
00 16	0.35	2:46	7:54	2	0:22	12	0:55	5.60	40:48	7:17	2	2:44	11	16:12
00 17	0.35	2:27	7:00	2	0:02	9	0:59	5.95	43:15	7:16	2	2:46	11	17:11
00 18	0.35	2:32	7:14	2	0:05	9	1:03	6.30	45:47	7:16	2	2:51	11	18:14
00 19	0.35	2:31	7:11	2	0:01	9	1:03	6.65	48:18	7:15	2	2:52	11	19:17
00 20	0.35	2:37	7:28	2	0:07	11	0:44	7.00	50:55	7:16	2	2:59	11	19:59
00 21	0.35	2:32	7:14	1	-	9	1:05	7.35	53:27	7:16	2	2:58	11	21:04
00 22	0.35	2:41	7:40	2	0:10	12	1:13	7.70	56:08	7:17	2	3:08	12	22:17
00 23	0.35	2:36	7:25	2	0:04	12	1:08	8.05	58:44	7:17	2	3:12	12	23:25