



1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

0000

Luise Rasch

000: 29:25

00: 82

00: 8.16 km/h

00: 0.35 km/00

0000: 6:00 min/km

Halbstundenlauf

00: 14 (4.9 km)

0000:

00000/00: 6 (of 13)

Frauen (20-29 Jahre) H

00000: 1(of 3)

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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	2:04	5:54	2	0:03	8	0:40	0.35	2:04	5:54	2	0:03	8	0:40
00 2	0.35	2:01	5:45	2	0:01	7	0:37	0.70	4:05	5:49	2	0:04	8	1:17
00 3	0.35	2:01	5:45	1	-	6	0:36	1.05	6:06	5:48	2	0:02	8	1:53
00 4	0.35	2:03	5:51	1	-	6	0:34	1.40	8:09	5:49	1	-	6	2:27
00 5	0.35	2:05	5:57	1	-	6	0:34	1.75	10:14	5:50	1	-	6	3:01
00 6	0.35	2:07	6:02	1	-	6	0:35	2.10	12:21	5:52	1	-	6	3:36
00 7	0.35	2:10	6:11	1	-	6	0:38	2.45	14:31	5:55	1	-	6	4:14
00 8	0.35	2:09	6:08	1	-	6	0:37	2.80	16:40	5:57	1	-	6	4:51
00 9	0.35	2:12	6:17	1	-	6	0:40	3.15	18:52	5:59	1	-	6	5:31
00 10	0.35	2:09	6:08	1	-	6	0:36	3.50	21:01	6:00	1	-	6	6:07
00 11	0.35	2:10	6:11	1	-	6	0:35	3.85	23:11	6:01	1	-	6	6:42
00 12	0.35	2:11	6:14	1	-	6	0:50	4.20	25:22	6:02	1	-	6	7:21
00 13	0.35	2:01	5:45	2	0:06	6	0:35	4.55	27:23	6:01	1	-	6	7:51
00 14	0.35	2:02	5:48	2	0:15	7	0:33	4.90	29:25	6:00	1	-	6	8:19