



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

Arnstadt / 20.03.2024

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Svenja Moritz

00: SPORTident

00: 31

00: 0.35 km/00

Stundenlauf

0000:

Seniorinnen W35 (35-39) H

000: 29:54

00: 8.03 km/h

0000: 6:34 min/km

0: 13 (4.55 km)

00000/0: 10 (of 10)

00000: 1(of 4)

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