



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

Arnstadt / 20.03.2024

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Susanne Henning

□□: SG-EINHEIT-ARNSTADT

□□: 7

□□: 0.35 km/□□

Halbstundenlauf

□□□□:

Seniorinnen W40 (40-44) H

□□□: 28:36

□□: 8.08 km/h

□□□□: 7:25 min/km

□: 11 (3.85 km)

□□□□□/□: 10 (of 13)

□□□□□: 3(of 3)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	0.35	2:18	6:34	3	0:54	12	0:54	0.35	2:18	6:34	3	0:54	12	0:54
□□ 2	0.35	2:21	6:42	3	0:57	11	0:57	0.70	4:39	6:38	3	1:51	11	1:51
□□ 3	0.35	2:24	6:51	3	0:59	10	0:59	1.05	7:03	6:42	3	2:50	10	2:50
□□ 4	0.35	2:33	7:17	3	1:04	10	1:04	1.40	9:36	6:51	3	3:54	10	3:54
□□ 5	0.35	2:38	7:31	3	1:07	10	1:07	1.75	12:14	6:59	3	5:01	10	5:01
□□ 6	0.35	2:45	7:51	3	1:13	10	1:13	2.10	14:59	7:08	3	6:14	10	6:14
□□ 7	0.35	2:41	7:40	3	1:09	10	1:09	2.45	17:40	7:12	3	7:23	10	7:23
□□ 8	0.35	2:41	7:40	3	1:09	10	1:09	2.80	20:21	7:16	3	8:32	10	8:32
□□ 9	0.35	3:02	8:39	3	1:30	11	1:30	3.15	23:23	7:25	3	10:02	10	10:02
□□ 10	0.35	2:33	7:17	3	1:00	11	1:00	3.50	25:56	7:24	3	11:02	10	11:02
□□ 11	0.35	2:40	7:37	3	1:05	12	1:05	3.85	28:36	7:25	3	12:07	10	12:07