



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

Arnstadt / 20.03.2024

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Luisa Kortum

00: SV 90 Gräfenroda

00: 80

00: 0.35 km/00

Halbstundenlauf

0000:

weibliche Jugend U14 (12/13)

000: 29:50

00: 12.07 km/h

0000: 4:44 min/km

0: 18 (6.3 km)

00000/0: 3 (of 13)

00000: 1(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	1:33	4:25	1	-	2	0:09	0.35	1:33	4:25	1	-	2	0:09
00 2	0.35	1:32	4:22	1	-	2	0:08	0.70	3:05	4:24	1	-	2	0:17
00 3	0.35	1:38	4:40	1	-	2	0:13	1.05	4:43	4:29	1	-	2	0:30
00 4	0.35	1:38	4:40	1	-	2	0:09	1.40	6:21	4:32	1	-	2	0:39
00 5	0.35	1:39	4:42	1	-	2	0:08	1.75	8:00	4:34	1	-	2	0:47
00 6	0.35	1:38	4:40	1	-	2	0:06	2.10	9:38	4:35	1	-	2	0:53
00 7	0.35	1:37	4:37	1	-	2	0:05	2.45	11:15	4:35	1	-	2	0:58
00 8	0.35	1:38	4:40	1	-	2	0:06	2.80	12:53	4:36	1	-	2	1:04
00 9	0.35	1:44	4:57	1	-	3	0:12	3.15	14:37	4:38	1	-	2	1:16
00 10	0.35	1:47	5:05	1	-	3	0:14	3.50	16:24	4:41	1	-	2	1:30
00 11	0.35	1:39	4:42	1	-	3	0:04	3.85	18:03	4:41	1	-	3	1:34
00 12	0.35	1:42	4:51	1	-	3	0:21	4.20	19:45	4:42	1	-	3	1:44
00 13	0.35	1:40	4:45	1	-	3	0:14	4.55	21:25	4:42	1	-	3	1:53
00 14	0.35	1:46	5:02	1	-	4	0:17	4.90	23:11	4:43	1	-	3	2:05
00 15	0.35	1:47	5:05	1	-	4	0:17	5.25	24:58	4:45	1	-	3	2:17
00 16	0.35	1:37	4:37	1	-	3	0:06	5.60	26:35	4:44	1	-	3	2:18
00 17	0.35	1:39	4:42	1	-	3	0:08	5.95	28:14	4:44	1	-	3	2:23
00 18	0.35	1:36	4:34	1	-	3	0:04	6.30	29:50	4:44	1	-	3	2:24