



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

Arnstadt / 20.03.2024

0000

Alina Feicht

000: 59:16

00: 34

00: 5.06 km/h

00: 0.35 km/00

0000: 9:57 min/km

Stundenlauf

00: 17 (5.95 km)

0000:

00000/00: 9 (of 10)

Seniorinnen W55 (55-59)

00000: 1(of 1)

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