



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

Arnstadt / 15.01.2025

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**Katja Voigtmann**

00: VfB Torpedo Ichtershausen e.V.

00: 154

00: 0.49 km/00

Stundenlauf

0000:

Seniorinnen W30 (30-34)

000: 59:40

00: 14.08 km/h

0000: 4:11 min/km

0: 29 (14.21 km)

00000/0: 1 (of 19)

00000: 1(of 3)

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000	00 km	00 min	00 min/km	00 -	00 -	00 0	00 0	000 km	000 min	000 min/km	00 -	00 -	00 0	00 0
00 1	0.49	2:06	4:17	1	-	1	-	0.49	2:06	4:17	1	-	1	-
00 2	0.49	2:03	4:11	1	-	1	-	0.98	4:09	4:14	1	-	1	-
00 3	0.49	2:03	4:11	1	-	1	-	1.47	6:12	4:13	1	-	1	-
00 4	0.49	2:01	4:06	1	-	1	-	1.96	8:13	4:11	1	-	1	-
00 5	0.49	2:04	4:13	1	-	1	-	2.45	10:17	4:11	1	-	1	-
00 6	0.49	2:04	4:13	1	-	1	-	2.94	12:21	4:12	1	-	1	-
00 7	0.49	2:04	4:13	1	-	1	-	3.43	14:25	4:12	1	-	1	-
00 8	0.49	2:03	4:11	1	-	1	-	3.92	16:28	4:12	1	-	1	-
00 9	0.49	2:02	4:08	1	-	1	-	4.41	18:30	4:11	1	-	1	-
00 10	0.49	2:04	4:13	1	-	1	-	4.90	20:34	4:11	1	-	1	-
00 11	0.49	2:03	4:11	1	-	1	-	5.39	22:37	4:11	1	-	1	-
00 12	0.49	2:04	4:13	1	-	1	-	5.88	24:41	4:11	1	-	1	-
00 13	0.49	2:04	4:13	1	-	1	-	6.37	26:45	4:11	1	-	1	-
00 14	0.49	2:03	4:11	1	-	1	-	6.86	28:48	4:11	1	-	1	-
00 15	0.49	2:04	4:13	1	-	1	-	7.35	30:52	4:11	1	-	1	-
00 16	0.49	2:04	4:13	1	-	1	-	7.84	32:56	4:12	1	-	1	-
00 17	0.49	2:02	4:08	1	-	1	-	8.33	34:58	4:11	1	-	1	-
00 18	0.49	2:02	4:08	1	-	1	-	8.82	37:00	4:11	1	-	1	-
00 19	0.49	2:05	4:15	1	-	1	-	9.31	39:05	4:11	1	-	1	-
00 20	0.49	2:03	4:11	1	-	1	-	9.80	41:08	4:11	1	-	1	-
00 21	0.49	2:03	4:11	1	-	1	-	10.29	43:11	4:11	1	-	1	-
00 22	0.49	2:03	4:11	1	-	1	-	10.78	45:14	4:11	1	-	1	-
00 23	0.49	2:04	4:13	1	-	1	-	11.27	47:18	4:11	1	-	1	-
00 24	0.49	2:03	4:11	1	-	1	-	11.76	49:21	4:11	1	-	1	-
00 25	0.49	2:05	4:15	1	-	1	-	12.25	51:26	4:11	1	-	1	-
00 26	0.49	2:04	4:13	1	-	1	-	12.74	53:30	4:11	1	-	1	-
00 27	0.49	2:03	4:11	1	-	1	-	13.23	55:33	4:11	1	-	1	-
00 28	0.49	2:03	4:11	1	-	1	-	13.72	57:36	4:11	1	-	1	-
00 29	0.49	2:04	4:13	1	-	1	-	14.21	59:40	4:11	1	-	1	-