



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

Arnstadt / 15.01.2025

0000

Steffanie Dimitrovici

000: 58:30

00: Hügelgang

00: 11.28 km/h

00: 107

0000: 4:58 min/km

00: 0.49 km/00

0: 24 (11.76 km)

Stundenlauf

00000/0: 2 (of 19)

0000:

00000: 1(of 4)

Seniorinnen W35 (35-39)

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000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
00 1	0.49	2:24	4:53	2	0:18	4	0:18	0.49	2:24	4:53	2	0:18	4	0:18
00 2	0.49	2:22	4:49	2	0:06	3	0:19	0.98	4:46	4:51	2	0:24	3	0:37
00 3	0.49	2:23	4:51	2	0:02	3	0:20	1.47	7:09	4:51	2	0:26	3	0:57
00 4	0.49	2:26	4:57	2	0:01	3	0:25	1.96	9:35	4:53	2	0:27	3	1:22
00 5	0.49	2:24	4:53	1	-	2	0:20	2.45	11:59	4:53	2	0:23	3	1:42
00 6	0.49	2:28	5:02	2	0:04	3	0:24	2.94	14:27	4:54	2	0:27	3	2:06
00 7	0.49	2:30	5:06	1	-	3	0:26	3.43	16:57	4:56	2	0:23	3	2:32
00 8	0.49	2:26	4:57	1	-	2	0:23	3.92	19:23	4:56	2	0:16	3	2:55
00 9	0.49	2:26	4:57	1	-	2	0:24	4.41	21:49	4:56	2	0:13	3	3:19
00 10	0.49	2:28	5:02	1	-	2	0:24	4.90	24:17	4:57	2	0:11	3	3:43
00 11	0.49	2:26	4:57	1	-	2	0:23	5.39	26:43	4:57	2	0:07	3	4:06
00 12	0.49	2:23	4:51	1	-	2	0:19	5.88	29:06	4:56	1	-	2	4:25
00 13	0.49	2:26	4:57	1	-	2	0:22	6.37	31:32	4:57	1	-	2	4:47
00 14	0.49	2:31	5:08	1	-	2	0:28	6.86	34:03	4:57	1	-	2	5:15
00 15	0.49	2:28	5:02	1	-	2	0:24	7.35	36:31	4:58	1	-	2	5:39
00 16	0.49	2:26	4:57	1	-	2	0:22	7.84	38:57	4:58	1	-	2	6:01
00 17	0.49	2:26	4:57	1	-	2	0:24	8.33	41:23	4:58	1	-	2	6:25
00 18	0.49	2:28	5:02	1	-	3	0:26	8.82	43:51	4:58	1	-	2	6:51
00 19	0.49	2:26	4:57	1	-	2	0:21	9.31	46:17	4:58	1	-	2	7:12
00 20	0.49	2:25	4:55	1	-	2	0:22	9.80	48:42	4:58	1	-	2	7:34
00 21	0.49	2:29	5:04	1	-	3	0:26	10.29	51:11	4:58	1	-	2	8:00
00 22	0.49	2:26	4:57	1	-	3	0:23	10.78	53:37	4:58	1	-	2	8:23
00 23	0.49	2:25	4:55	1	-	2	0:21	11.27	56:02	4:58	1	-	2	8:44
00 24	0.49	2:28	5:02	1	-	2	0:25	11.76	58:30	4:58	1	-	2	9:09