



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

Arnstadt / 15.01.2025

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Jenny Gräßler

00: Hügelgang

00: 113

00: 0.49 km/00

Stundenlauf

0000:

Seniorinnen W35 (35-39)

000: 59:51

00: 11.03 km/h

0000: 5:05 min/km

0: 24 (11.76 km)

00000/0: 3 (of 19)

00000: 2(of 4)

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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	0.49	2:06	4:17	1	-	1	-	0.49	2:06	4:17	1	-	1	-
00 2	0.49	2:16	4:37	1	-	2	0:13	0.98	4:22	4:27	1	-	2	0:13
00 3	0.49	2:21	4:47	1	-	2	0:18	1.47	6:43	4:34	1	-	2	0:31
00 4	0.49	2:25	4:55	1	-	2	0:24	1.96	9:08	4:39	1	-	2	0:55
00 5	0.49	2:28	5:02	2	0:04	3	0:24	2.45	11:36	4:44	1	-	2	1:19
00 6	0.49	2:24	4:53	1	-	2	0:20	2.94	14:00	4:45	1	-	2	1:39
00 7	0.49	2:34	5:14	2	0:04	5	0:30	3.43	16:34	4:49	1	-	2	2:09
00 8	0.49	2:33	5:12	2	0:07	5	0:30	3.92	19:07	4:52	1	-	2	2:39
00 9	0.49	2:29	5:04	2	0:03	3	0:27	4.41	21:36	4:53	1	-	2	3:06
00 10	0.49	2:30	5:06	2	0:02	4	0:26	4.90	24:06	4:55	1	-	2	3:32
00 11	0.49	2:30	5:06	2	0:04	4	0:27	5.39	26:36	4:56	1	-	2	3:59
00 12	0.49	2:32	5:10	2	0:09	3	0:28	5.88	29:08	4:57	2	0:02	3	4:27
00 13	0.49	2:33	5:12	2	0:07	4	0:29	6.37	31:41	4:58	2	0:09	3	4:56
00 14	0.49	2:35	5:16	2	0:04	4	0:32	6.86	34:16	4:59	2	0:13	3	5:28
00 15	0.49	2:30	5:06	2	0:02	3	0:26	7.35	36:46	5:00	2	0:15	3	5:54
00 16	0.49	2:30	5:06	2	0:04	3	0:26	7.84	39:16	5:00	2	0:19	3	6:20
00 17	0.49	2:35	5:16	2	0:09	5	0:33	8.33	41:51	5:01	2	0:28	3	6:53
00 18	0.49	2:32	5:10	2	0:04	4	0:30	8.82	44:23	5:01	2	0:32	3	7:23
00 19	0.49	2:34	5:14	2	0:08	6	0:29	9.31	46:57	5:02	2	0:40	3	7:52
00 20	0.49	2:36	5:18	2	0:11	4	0:33	9.80	49:33	5:03	2	0:51	3	8:25
00 21	0.49	2:32	5:10	2	0:03	5	0:29	10.29	52:05	5:03	2	0:54	3	8:54
00 22	0.49	2:33	5:12	2	0:07	6	0:30	10.78	54:38	5:04	2	1:01	3	9:24
00 23	0.49	2:34	5:14	2	0:09	5	0:30	11.27	57:12	5:04	2	1:10	3	9:54
00 24	0.49	2:39	5:24	2	0:11	3	0:36	11.76	59:51	5:05	2	1:21	3	10:30