



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

Arnstadt / 15.01.2025

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Kristin Weber

00: Kita Schillerstraße

00: 157

00: 0.49 km/00

Stundenlauf

0000:

Seniorinnen W35 (35-39)

000: 57:46

00: 9.35 km/h

0000: 5:53 min/km

0: 20 (9.8 km)

00000/0: 13 (of 19)

00000: 3(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	2:39	5:24	3	0:33	9	0:33	0.49	2:39	5:24	3	0:33	9	0:33
00 2	0.49	2:46	5:38	3	0:30	13	0:43	0.98	5:25	5:31	3	1:03	10	1:16
00 3	0.49	2:48	5:42	3	0:27	13	0:45	1.47	8:13	5:35	3	1:30	12	2:01
00 4	0.49	2:54	5:55	3	0:29	13	0:53	1.96	11:07	5:40	3	1:59	12	2:54
00 5	0.49	2:48	5:42	3	0:24	13	0:44	2.45	13:55	5:40	3	2:19	13	3:38
00 6	0.49	2:49	5:44	3	0:25	13	0:45	2.94	16:44	5:41	3	2:44	13	4:23
00 7	0.49	2:52	5:51	3	0:22	13	0:48	3.43	19:36	5:42	3	3:02	13	5:11
00 8	0.49	2:53	5:53	3	0:27	13	0:50	3.92	22:29	5:44	3	3:22	13	6:01
00 9	0.49	2:54	5:55	3	0:28	13	0:52	4.41	25:23	5:45	3	3:47	13	6:53
00 10	0.49	2:53	5:53	3	0:25	13	0:49	4.90	28:16	5:46	3	4:10	13	7:42
00 11	0.49	2:54	5:55	3	0:28	13	0:51	5.39	31:10	5:46	3	4:34	13	8:33
00 12	0.49	2:57	6:01	3	0:34	13	0:53	5.88	34:07	5:48	3	5:01	13	9:26
00 13	0.49	2:58	6:03	3	0:32	13	0:54	6.37	37:05	5:49	3	5:33	13	10:20
00 14	0.49	3:05	6:17	3	0:34	13	1:02	6.86	40:10	5:51	3	6:07	13	11:22
00 15	0.49	2:58	6:03	3	0:30	13	0:54	7.35	43:08	5:52	3	6:37	13	12:16
00 16	0.49	2:52	5:51	3	0:26	13	0:48	7.84	46:00	5:52	3	7:03	13	13:04
00 17	0.49	2:58	6:03	3	0:32	13	0:56	8.33	48:58	5:52	3	7:35	13	14:00
00 18	0.49	2:56	5:59	3	0:28	13	0:54	8.82	51:54	5:53	3	8:03	13	14:54
00 19	0.49	2:59	6:05	3	0:33	13	0:54	9.31	54:53	5:53	3	8:36	13	15:48
00 20	0.49	2:53	5:53	3	0:28	12	0:50	9.80	57:46	5:53	3	9:04	13	16:38