



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

Arnstadt / 15.01.2025

0000

Uta Tittelbach-Helmrich

000: 57:51

00: 151

00: 11.41 km/h

00: 0.49 km/00

0000: 5:07 min/km

Stundenlauf

00: 23 (11.27 km)

0000:

00000/00: 4 (of 19)

Seniorinnen W40 (40-44)

00000: 1(of 6)

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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	2:21	4:47	1	-	3	0:15	0.49	2:21	4:47	1	-	3	0:15
00 2	0.49	2:26	4:57	2	0:02	5	0:23	0.98	4:47	4:52	1	-	4	0:38
00 3	0.49	2:31	5:08	2	0:04	6	0:28	1.47	7:18	4:57	1	-	4	1:06
00 4	0.49	2:29	5:04	1	-	4	0:28	1.96	9:47	4:59	1	-	4	1:34
00 5	0.49	2:31	5:08	2	0:01	6	0:27	2.45	12:18	5:01	1	-	4	2:01
00 6	0.49	2:29	5:04	1	-	4	0:25	2.94	14:47	5:01	1	-	4	2:26
00 7	0.49	2:26	4:57	1	-	2	0:22	3.43	17:13	5:01	1	-	4	2:48
00 8	0.49	2:30	5:06	1	-	3	0:27	3.92	19:43	5:01	1	-	4	3:15
00 9	0.49	2:29	5:04	1	-	3	0:27	4.41	22:12	5:02	1	-	4	3:42
00 10	0.49	2:29	5:04	1	-	3	0:25	4.90	24:41	5:02	1	-	4	4:07
00 11	0.49	2:29	5:04	1	-	3	0:26	5.39	27:10	5:02	1	-	4	4:33
00 12	0.49	2:34	5:14	1	-	5	0:30	5.88	29:44	5:03	1	-	4	5:03
00 13	0.49	2:33	5:12	1	-	4	0:29	6.37	32:17	5:04	1	-	4	5:32
00 14	0.49	2:33	5:12	1	-	3	0:30	6.86	34:50	5:04	1	-	4	6:02
00 15	0.49	2:33	5:12	1	-	4	0:29	7.35	37:23	5:05	1	-	4	6:31
00 16	0.49	2:32	5:10	1	-	4	0:28	7.84	39:55	5:05	1	-	4	6:59
00 17	0.49	2:37	5:20	3	0:07	7	0:35	8.33	42:32	5:06	1	-	4	7:34
00 18	0.49	2:37	5:20	2	0:10	6	0:35	8.82	45:09	5:07	1	-	4	8:09
00 19	0.49	2:31	5:08	1	-	3	0:26	9.31	47:40	5:07	1	-	4	8:35
00 20	0.49	2:36	5:18	2	0:04	4	0:33	9.80	50:16	5:07	1	-	4	9:08
00 21	0.49	2:37	5:20	2	0:08	7	0:34	10.29	52:53	5:08	1	-	4	9:42
00 22	0.49	2:30	5:06	1	-	4	0:27	10.78	55:23	5:08	1	-	4	10:09
00 23	0.49	2:28	5:02	1	-	3	0:24	11.27	57:51	5:07	1	-	4	10:33