



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

Arnstadt / 15.01.2025

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Anja Kiefer

00: Hügelgang

00: 122

00: 0.49 km/00

Stundenlauf

0000:

Seniorinnen W40 (40-44)

000: 59:07

00: 10.15 km/h

0000: 5:29 min/km

0: 22 (10.78 km)

00000/0: 9 (of 19)

00000: 4(of 6)

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
00 1	0.49	2:30	5:06	3	0:09	8	0:24	0.49	2:30	5:06	3	0:09	8	0:24
00 2	0.49	2:32	5:10	3	0:08	7	0:29	0.98	5:02	5:08	3	0:15	7	0:53
00 3	0.49	2:36	5:18	3	0:09	7	0:33	1.47	7:38	5:11	3	0:20	7	1:26
00 4	0.49	2:38	5:22	4	0:09	9	0:37	1.96	10:16	5:14	3	0:29	7	2:03
00 5	0.49	2:40	5:26	5	0:10	10	0:36	2.45	12:56	5:16	3	0:38	7	2:39
00 6	0.49	2:41	5:28	4	0:12	9	0:37	2.94	15:37	5:18	3	0:50	7	3:16
00 7	0.49	2:42	5:30	4	0:16	9	0:38	3.43	18:19	5:20	3	1:06	7	3:54
00 8	0.49	2:42	5:30	4	0:12	9	0:39	3.92	21:01	5:21	3	1:18	7	4:33
00 9	0.49	2:45	5:36	4	0:16	10	0:43	4.41	23:46	5:23	3	1:34	7	5:16
00 10	0.49	2:45	5:36	4	0:16	10	0:41	4.90	26:31	5:24	4	1:50	8	5:57
00 11	0.49	2:44	5:34	4	0:15	8	0:41	5.39	29:15	5:25	4	2:05	8	6:38
00 12	0.49	2:43	5:32	3	0:09	7	0:39	5.88	31:58	5:26	4	2:14	8	7:17
00 13	0.49	2:45	5:36	4	0:12	9	0:41	6.37	34:43	5:27	4	2:26	8	7:58
00 14	0.49	2:45	5:36	4	0:12	9	0:42	6.86	37:28	5:27	4	2:38	8	8:40
00 15	0.49	2:41	5:28	3	0:08	8	0:37	7.35	40:09	5:27	4	2:46	8	9:17
00 16	0.49	2:42	5:30	4	0:10	9	0:38	7.84	42:51	5:27	4	2:56	8	9:55
00 17	0.49	2:36	5:18	2	0:06	6	0:34	8.33	45:27	5:27	4	2:55	8	10:29
00 18	0.49	2:47	5:40	4	0:20	10	0:45	8.82	48:14	5:28	4	3:05	8	11:14
00 19	0.49	2:46	5:38	4	0:15	10	0:41	9.31	51:00	5:28	4	3:20	8	11:55
00 20	0.49	2:44	5:34	3	0:12	8	0:41	9.80	53:44	5:28	4	3:28	8	12:36
00 21	0.49	2:45	5:36	4	0:16	10	0:42	10.29	56:29	5:29	4	3:36	9	13:18
00 22	0.49	2:38	5:22	3	0:08	8	0:35	10.78	59:07	5:29	4	3:44	9	13:53