



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

Arnstadt / 15.01.2025

0000

Jeannette Mlinarsky

000: 58:34

00: 129

00: 8.20 km/h

00: 0.49 km/00

0000: 6:38 min/km

Stundenlauf

0: 18 (8.82 km)

0000:

00000/0: 15 (of 19)

Seniorinnen W45 (45-49)

00000: 2(of 3)

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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	3:00	6:07	2	0:32	16	0:54	0.49	3:00	6:07	2	0:32	16	0:54
00 2	0.49	3:13	6:33	2	0:38	17	1:10	0.98	6:13	6:20	2	1:10	16	2:04
00 3	0.49	3:10	6:27	2	0:28	16	1:07	1.47	9:23	6:22	2	1:38	16	3:11
00 4	0.49	3:08	6:23	2	0:26	15	1:07	1.96	12:31	6:23	2	2:04	16	4:18
00 5	0.49	3:08	6:23	2	0:24	15	1:04	2.45	15:39	6:23	2	2:28	16	5:22
00 6	0.49	3:11	6:29	2	0:30	15	1:07	2.94	18:50	6:24	2	2:58	15	6:29
00 7	0.49	3:13	6:33	2	0:30	15	1:09	3.43	22:03	6:25	2	3:28	15	7:38
00 8	0.49	3:13	6:33	2	0:28	15	1:10	3.92	25:16	6:26	2	3:56	15	8:48
00 9	0.49	3:21	6:50	2	0:36	15	1:19	4.41	28:37	6:29	2	4:32	15	10:07
00 10	0.49	3:19	6:46	2	0:31	15	1:15	4.90	31:56	6:31	2	5:03	15	11:22
00 11	0.49	3:20	6:48	2	0:30	15	1:17	5.39	35:16	6:32	2	5:33	15	12:39
00 12	0.49	3:23	6:54	2	0:32	15	1:19	5.88	38:39	6:34	2	6:05	15	13:58
00 13	0.49	3:18	6:44	2	0:30	15	1:14	6.37	41:57	6:35	2	6:35	15	15:12
00 14	0.49	3:19	6:46	2	0:27	15	1:16	6.86	45:16	6:35	2	7:02	15	16:28
00 15	0.49	3:21	6:50	2	0:31	15	1:17	7.35	48:37	6:36	2	7:33	15	17:45
00 16	0.49	3:20	6:48	2	0:30	16	1:16	7.84	51:57	6:37	2	8:03	15	19:01
00 17	0.49	3:19	6:46	2	0:27	16	1:17	8.33	55:16	6:38	2	8:30	15	20:18
00 18	0.49	3:18	6:44	2	0:26	15	1:16	8.82	58:34	6:38	2	8:56	15	21:34