



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

Arnstadt / 15.01.2025

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Ines Bogen

00: Die Bügeleisenbande

00: 104

00: 0.49 km/00

Stundenlauf

0000:

Seniorinnen W50 (50-54)

000: 59:52

00: 10.02 km/h

0000: 5:33 min/km

0: 22 (10.78 km)

00000/0: 10 (of 19)

00000: 2(of 2)

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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	2:45	5:36	2	0:17	12	0:39	0.49	2:45	5:36	2	0:17	12	0:39
00 2	0.49	2:42	5:30	2	0:15	10	0:39	0.98	5:27	5:33	2	0:32	12	1:18
00 3	0.49	2:41	5:28	2	0:11	9	0:38	1.47	8:08	5:31	2	0:43	11	1:56
00 4	0.49	2:37	5:20	2	0:08	8	0:36	1.96	10:45	5:29	2	0:51	10	2:32
00 5	0.49	2:37	5:20	2	0:08	7	0:33	2.45	13:22	5:27	2	0:59	10	3:05
00 6	0.49	2:39	5:24	2	0:09	8	0:35	2.94	16:01	5:26	2	1:08	10	3:40
00 7	0.49	2:40	5:26	2	0:06	8	0:36	3.43	18:41	5:26	2	1:14	10	4:16
00 8	0.49	2:41	5:28	2	0:07	8	0:38	3.92	21:22	5:27	2	1:21	10	4:54
00 9	0.49	2:43	5:32	2	0:06	8	0:41	4.41	24:05	5:27	2	1:27	9	5:35
00 10	0.49	2:43	5:32	2	0:08	8	0:39	4.90	26:48	5:28	2	1:35	9	6:14
00 11	0.49	2:44	5:34	2	0:08	8	0:41	5.39	29:32	5:28	2	1:43	9	6:55
00 12	0.49	2:47	5:40	2	0:14	11	0:43	5.88	32:19	5:29	2	1:57	9	7:38
00 13	0.49	2:46	5:38	2	0:14	10	0:42	6.37	35:05	5:30	2	2:11	9	8:20
00 14	0.49	2:45	5:36	2	0:08	9	0:42	6.86	37:50	5:30	2	2:19	9	9:02
00 15	0.49	2:46	5:38	2	0:08	11	0:42	7.35	40:36	5:31	2	2:27	9	9:44
00 16	0.49	2:46	5:38	2	0:10	10	0:42	7.84	43:22	5:31	2	2:37	10	10:26
00 17	0.49	2:47	5:40	2	0:14	10	0:45	8.33	46:09	5:32	2	2:51	10	11:11
00 18	0.49	2:44	5:34	2	0:08	9	0:42	8.82	48:53	5:32	2	2:59	10	11:53
00 19	0.49	2:45	5:36	2	0:12	9	0:40	9.31	51:38	5:32	2	3:11	10	12:33
00 20	0.49	2:46	5:38	2	0:09	10	0:43	9.80	54:24	5:33	2	3:20	10	13:16
00 21	0.49	2:43	5:32	2	0:07	8	0:40	10.29	57:07	5:33	2	3:27	10	13:56
00 22	0.49	2:45	5:36	2	0:09	10	0:42	10.78	59:52	5:33	2	3:36	10	14:38