



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

Arnstadt / 15.01.2025

0000

Corinna Schwaiger

000: 59:43

00: 143

00: 8.04 km/h

00: 0.49 km/00

0000: 7:10 min/km

Stundenlauf

0: 17 (8.33 km)

0000:

00000/0: 17 (of 19)

Seniorinnen W55 (55-59)

00000: 1(of 1)

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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	3:23	6:54	1	-	18	1:17	0.49	3:23	6:54	1	-	18	1:17
00 2	0.49	3:31	7:10	1	-	18	1:28	0.98	6:54	7:02	1	-	18	2:45
00 3	0.49	3:29	7:06	1	-	18	1:26	1.47	10:23	7:03	1	-	18	4:11
00 4	0.49	3:32	7:12	1	-	18	1:31	1.96	13:55	7:06	1	-	18	5:42
00 5	0.49	3:21	6:50	1	-	17	1:17	2.45	17:16	7:02	1	-	18	6:59
00 6	0.49	3:27	7:02	1	-	17	1:23	2.94	20:43	7:02	1	-	18	8:22
00 7	0.49	3:29	7:06	1	-	17	1:25	3.43	24:12	7:03	1	-	18	9:47
00 8	0.49	3:29	7:06	1	-	17	1:26	3.92	27:41	7:03	1	-	18	11:13
00 9	0.49	3:28	7:04	1	-	17	1:26	4.41	31:09	7:03	1	-	17	12:39
00 10	0.49	3:31	7:10	1	-	17	1:27	4.90	34:40	7:04	1	-	17	14:06
00 11	0.49	3:30	7:08	1	-	16	1:27	5.39	38:10	7:04	1	-	17	15:33
00 12	0.49	3:30	7:08	1	-	16	1:26	5.88	41:40	7:05	1	-	17	16:59
00 13	0.49	3:31	7:10	1	-	17	1:27	6.37	45:11	7:05	1	-	17	18:26
00 14	0.49	3:31	7:10	1	-	17	1:28	6.86	48:42	7:05	1	-	17	19:54
00 15	0.49	3:29	7:06	1	-	17	1:25	7.35	52:11	7:05	1	-	17	21:19
00 16	0.49	3:30	7:08	1	-	17	1:26	7.84	55:41	7:06	1	-	17	22:45
00 17	0.49	4:02	8:13	1	-	17	2:00	8.33	59:43	7:10	1	-	17	24:45