



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

Arnstadt / 15.01.2025

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Christina Fünfstück

00: Langstrecke Arnstadt

00: 8

00: 0.49 km/00

Halbstundenlauf

0000:

Seniorinnen W35 (35-39) H

000: 28:57

00: 12.44 km/h

0000: 4:13 min/km

0: 14 (6.86 km)

00000/0: 1 (of 30)

00000: 1(of 8)

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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	1:50	3:44	1	-	1	-	0.49	1:50	3:44	1	-	1	-
00 2	0.49	2:01	4:06	1	-	1	-	0.98	3:51	3:55	1	-	1	-
00 3	0.49	2:07	4:19	1	-	2	0:03	1.47	5:58	4:03	1	-	1	-
00 4	0.49	2:07	4:19	1	-	2	0:04	1.96	8:05	4:07	1	-	1	-
00 5	0.49	2:06	4:17	1	-	3	0:12	2.45	10:11	4:09	1	-	1	-
00 6	0.49	2:06	4:17	1	-	2	0:07	2.94	12:17	4:10	1	-	1	-
00 7	0.49	2:05	4:15	1	-	1	-	3.43	14:22	4:11	1	-	1	-
00 8	0.49	2:04	4:13	1	-	1	-	3.92	16:26	4:11	1	-	1	-
00 9	0.49	2:07	4:19	1	-	2	0:09	4.41	18:33	4:12	1	-	1	-
00 10	0.49	2:04	4:13	1	-	3	0:02	4.90	20:37	4:12	1	-	1	-
00 11	0.49	2:07	4:19	1	-	1	-	5.39	22:44	4:13	1	-	1	-
00 12	0.49	2:06	4:17	1	-	1	-	5.88	24:50	4:13	1	-	1	-
00 13	0.49	2:05	4:15	1	-	2	0:06	6.37	26:55	4:13	1	-	1	-
00 14	0.49	2:02	4:08	1	-	1	-	6.86	28:57	4:13	1	-	1	-