



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

Arnstadt / 15.01.2025

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Mandy Breyer

000: 27:25

00: 55

00: 8.75 km/h

00: 0.49 km/00

0000: 5:35 min/km

Halbstundenlauf

0: 10 (4.9 km)

0000:

00000/0: 7 (of 30)

Seniorinnen W40 (40-44) H

00000: 2(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	2:26	4:57	2	0:29	8	0:36	0.49	2:26	4:57	2	0:29	8	0:36
00 2	0.49	2:35	5:16	2	0:32	8	0:34	0.98	5:01	5:07	2	1:01	8	1:10
00 3	0.49	2:43	5:32	2	0:39	7	0:39	1.47	7:44	5:15	2	1:40	8	1:46
00 4	0.49	2:45	5:36	2	0:42	7	0:42	1.96	10:29	5:20	2	2:22	6	2:24
00 5	0.49	2:49	5:44	2	0:45	8	0:55	2.45	13:18	5:25	2	3:07	6	3:07
00 6	0.49	2:51	5:48	2	0:45	9	0:52	2.94	16:09	5:29	2	3:52	6	3:52
00 7	0.49	2:46	5:38	2	0:41	7	0:41	3.43	18:55	5:30	2	4:33	6	4:33
00 8	0.49	2:45	5:36	2	0:40	6	0:41	3.92	21:40	5:31	2	5:13	6	5:14
00 9	0.49	2:54	5:55	3	0:46	11	0:56	4.41	24:34	5:34	2	5:59	7	6:01
00 10	0.49	2:51	5:48	3	0:45	13	0:49	4.90	27:25	5:35	2	6:44	7	6:48