



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

Arnstadt / 15.01.2025

0000

Manja Kaufmann

000: 28:20

00: 25

00: 6.35 km/h

00: 0.49 km/00

0000: 8:15 min/km

Halbstundenlauf

0: 7 (3.43 km)

0000:

00000/0: 25 (of 30)

Seniorinnen W40 (40-44) H

00000: 6(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	3:51	7:51	6	1:54	27	2:01	0.49	3:51	7:51	6	1:54	27	2:01
00 2	0.49	3:47	7:43	6	1:44	25	1:46	0.98	7:38	7:47	6	3:38	26	3:47
00 3	0.49	3:56	8:01	6	1:52	24	1:52	1.47	11:34	7:52	6	5:30	26	5:36
00 4	0.49	4:14	8:38	6	2:11	25	2:11	1.96	15:48	8:03	6	7:41	25	7:43
00 5	0.49	4:10	8:30	6	2:06	25	2:16	2.45	19:58	8:08	6	9:47	25	9:47
00 6	0.49	4:13	8:36	6	2:07	25	2:14	2.94	24:11	8:13	6	11:54	25	11:54
00 7	0.49	4:09	8:28	6	2:04	24	2:04	3.43	28:20	8:15	6	13:58	25	13:58