



1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

□□□□

Lotta Mund

□□□: 29:25

□□: 13

□□: 6.12 km/h

□□: 0.35 km/□□

□□□□: 7:38 min/km

Halbstundenlauf

□: 11 (3.85 km)

□□□□:

□□□□□/□: 11 (of 13)

weibliche Jugend U14 (12/13)

□□□□□: 2(of 2)

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------|------|------|--------|----|------|----|------|------|-------|--------|----|-------|----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| □□ 1 | 0.35 | 2:10 | 6:11 | 2 | 0:37 | 10 | 0:46 | 0.35 | 2:10 | 6:11 | 2 | 0:37 | 10 | 0:46 |
| □□ 2 | 0.35 | 2:12 | 6:17 | 2 | 0:40 | 10 | 0:48 | 0.70 | 4:22 | 6:14 | 2 | 1:17 | 10 | 1:34 |
| □□ 3 | 0.35 | 2:59 | 8:31 | 2 | 1:21 | 13 | 1:34 | 1.05 | 7:21 | 7:00 | 2 | 2:38 | 12 | 3:08 |
| □□ 4 | 0.35 | 2:49 | 8:02 | 2 | 1:11 | 13 | 1:20 | 1.40 | 10:10 | 7:15 | 2 | 3:49 | 12 | 4:28 |
| □□ 5 | 0.35 | 2:53 | 8:14 | 2 | 1:14 | 13 | 1:22 | 1.75 | 13:03 | 7:27 | 2 | 5:03 | 12 | 5:50 |
| □□ 6 | 0.35 | 2:51 | 8:08 | 2 | 1:13 | 11 | 1:19 | 2.10 | 15:54 | 7:34 | 2 | 6:16 | 12 | 7:09 |
| □□ 7 | 0.35 | 2:50 | 8:05 | 2 | 1:13 | 11 | 1:18 | 2.45 | 18:44 | 7:38 | 2 | 7:29 | 12 | 8:27 |
| □□ 8 | 0.35 | 2:52 | 8:11 | 2 | 1:14 | 12 | 1:20 | 2.80 | 21:36 | 7:42 | 2 | 8:43 | 12 | 9:47 |
| □□ 9 | 0.35 | 2:54 | 8:17 | 2 | 1:10 | 10 | 1:22 | 3.15 | 24:30 | 7:46 | 2 | 9:53 | 11 | 11:09 |
| □□ 10 | 0.35 | 2:29 | 7:05 | 2 | 0:42 | 10 | 0:56 | 3.50 | 26:59 | 7:42 | 2 | 10:35 | 11 | 12:05 |
| □□ 11 | 0.35 | 2:26 | 6:57 | 2 | 0:47 | 10 | 0:51 | 3.85 | 29:25 | 7:38 | 2 | 11:22 | 11 | 12:56 |