



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

Arnstadt / 20.03.2024

Detalizēti rezultāti

Mariko Bechmann

Klubs: Lauffeuer Fröttstädt e.V.

Numurs: 44

Posms: 0.35 km/Aplis

Stundenlauf

Grupa:

Seniorinnen W35 (35-39) H

Kopējais laiks: 59:14

Ātrums: 10.13 km/h

Skrējiena izpildījums: 5:38 min/km

Aplī: 30 (10.5 km)

Vieta distancē/Sievietes: 4 (no 10)

Vieta grupā: 1(no 4)

Vidējie laiki

Posma rezultāts

Kopējais rezultāts

| Kontrolpunkts | Posma rezultāts | | | | | | | Kopējais rezultāts | | | | | | |
|---------------|-----------------|-------------|--------------|---------------------|---------------------|-------------------------|-------------------------|--------------------|------------|-------------|---------------------|---------------------|-------------------------|-------------------------|
| | Posma km | Posma Laiks | Posma min/km | Vietāztrūkums grupā | Vietāztrūkums grupā | Vietāztrūkums sievietes | Vietāztrūkums sievietes | Kopā km | Kopā Laiks | Kopā min/km | Vietāztrūkums grupā | Vietāztrūkums grupā | Vietāztrūkums sievietes | Vietāztrūkums sievietes |
| Aplis 1 | 0.35 | 2:01 | 5:45 | 2 | 0:18 | 7 | 0:35 | 0.35 | 2:01 | 5:45 | 2 | 0:18 | 11 | 0:35 |
| Aplis 2 | 0.35 | 2:01 | 5:45 | 2 | 0:03 | 7 | 0:46 | 0.70 | 4:02 | 5:45 | 2 | 0:21 | 11 | 1:21 |
| Aplis 3 | 0.35 | 2:02 | 5:48 | 1 | - | 6 | 0:35 | 1.05 | 6:04 | 5:46 | 2 | 0:21 | 11 | 1:56 |
| Aplis 4 | 0.35 | 2:00 | 5:42 | 1 | - | 6 | 0:28 | 1.40 | 8:04 | 5:45 | 2 | 0:19 | 11 | 2:24 |
| Aplis 5 | 0.35 | 1:40 | 4:45 | 1 | - | 2 | 0:14 | 1.75 | 9:44 | 5:33 | 1 | - | 11 | 2:38 |
| Aplis 6 | 0.35 | 1:46 | 5:02 | 1 | - | 2 | 0:26 | 2.10 | 11:30 | 5:28 | 1 | - | 11 | 3:04 |
| Aplis 7 | 0.35 | 1:48 | 5:08 | 1 | - | 4 | 0:14 | 2.45 | 13:18 | 5:25 | 1 | - | 11 | 3:18 |
| Aplis 8 | 0.35 | 1:49 | 5:11 | 1 | - | 4 | 0:12 | 2.80 | 15:07 | 5:23 | 1 | - | 11 | 3:30 |
| Aplis 9 | 0.35 | 1:49 | 5:11 | 1 | - | 4 | 0:17 | 3.15 | 16:56 | 5:22 | 1 | - | 11 | 3:47 |
| Aplis 10 | 0.35 | 2:28 | 7:02 | 3 | 0:24 | 8 | 1:07 | 3.50 | 19:24 | 5:32 | 1 | - | 11 | 4:54 |
| Aplis 11 | 0.35 | 2:00 | 5:42 | 1 | - | 5 | 0:14 | 3.85 | 21:24 | 5:33 | 1 | - | 11 | 5:06 |
| Aplis 12 | 0.35 | 1:49 | 5:11 | 1 | - | 4 | 0:18 | 4.20 | 23:13 | 5:31 | 1 | - | 11 | 5:24 |
| Aplis 13 | 0.35 | 1:49 | 5:11 | 1 | - | 3 | 0:26 | 4.55 | 25:02 | 5:30 | 1 | - | 11 | 5:50 |
| Aplis 14 | 0.35 | 1:50 | 5:14 | 1 | - | 4 | 0:09 | 4.90 | 26:52 | 5:28 | 1 | - | 10 | 5:59 |
| Aplis 15 | 0.35 | 1:50 | 5:14 | 1 | - | 4 | 0:07 | 5.25 | 28:42 | 5:28 | 1 | - | 10 | 6:06 |
| Aplis 16 | 0.35 | 2:15 | 6:25 | 1 | - | 6 | 0:43 | 5.60 | 30:57 | 5:31 | 1 | - | 10 | 6:49 |
| Aplis 17 | 0.35 | 2:16 | 6:28 | 1 | - | 6 | 0:53 | 5.95 | 33:13 | 5:34 | 1 | - | 10 | 7:42 |
| Aplis 18 | 0.35 | 1:49 | 5:11 | 1 | - | 3 | 0:11 | 6.30 | 35:02 | 5:33 | 1 | - | 9 | 7:53 |
| Aplis 19 | 0.35 | 1:53 | 5:22 | 1 | - | 5 | 0:08 | 6.65 | 36:55 | 5:33 | 1 | - | 9 | 7:58 |
| Aplis 20 | 0.35 | 1:50 | 5:14 | 1 | - | 3 | 0:03 | 7.00 | 38:45 | 5:32 | 1 | - | 4 | 3:09 |
| Aplis 21 | 0.35 | 1:50 | 5:14 | 1 | - | 3 | 0:02 | 7.35 | 40:35 | 5:31 | 1 | - | 4 | 3:11 |
| Aplis 22 | 0.35 | 2:05 | 5:57 | 1 | - | 4 | 0:17 | 7.70 | 42:40 | 5:32 | 1 | - | 4 | 3:28 |
| Aplis 23 | 0.35 | 2:37 | 7:28 | 3 | 0:17 | 7 | 0:50 | 8.05 | 45:17 | 5:37 | 1 | - | 4 | 4:17 |
| Aplis 24 | 0.35 | 2:03 | 5:51 | 1 | - | 4 | 0:17 | 8.40 | 47:20 | 5:38 | 1 | - | 4 | 4:34 |
| Aplis 25 | 0.35 | 2:02 | 5:48 | 1 | - | 4 | 0:15 | 8.75 | 49:22 | 5:38 | 1 | - | 4 | 4:48 |
| Aplis 26 | 0.35 | 2:00 | 5:42 | 1 | - | 4 | 0:14 | 9.10 | 51:22 | 5:38 | 1 | - | 4 | 5:02 |
| Aplis 27 | 0.35 | 2:01 | 5:45 | 1 | - | 4 | 0:13 | 9.45 | 53:23 | 5:38 | 1 | - | 4 | 5:15 |
| Aplis 28 | 0.35 | 1:59 | 5:40 | 1 | - | 4 | 0:10 | 9.80 | 55:22 | 5:38 | 1 | - | 4 | 5:25 |
| Aplis 29 | 0.35 | 1:57 | 5:34 | 1 | - | 4 | 0:12 | 10.15 | 57:19 | 5:38 | 1 | - | 4 | 5:37 |
| Aplis 30 | 0.35 | 1:55 | 5:28 | 1 | - | 4 | 0:08 | 10.50 | 59:14 | 5:38 | 1 | - | 4 | 5:45 |