



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

Arnstadt / 31.01.2024

0000

Mariko Bechmann

00: Lauffeuer Fröttstädt e.V.

00: 33

00: 0.35 km/00

Stundenlauf

0000:

Seniorinnen W35 (35-39)

000: 59:29

00: 10.09 km/h

0000: 5:39 min/km

0: 30 (10.5 km)

00000/0: 6 (of 11)

00000: 2(of 3)

0000

0000

000

000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
00 1	0.35	2:05	5:57	2	0:21	8	0:41	0.35	2:05	5:57	2	0:21	8	0:41
00 2	0.35	2:01	5:45	2	0:16	8	0:29	0.70	4:06	5:51	2	0:37	8	1:10
00 3	0.35	2:01	5:45	2	0:14	7	0:35	1.05	6:07	5:49	2	0:51	8	1:45
00 4	0.35	2:04	5:54	2	0:15	7	0:32	1.40	8:11	5:50	2	1:06	7	2:17
00 5	0.35	2:04	5:54	2	0:13	7	0:38	1.75	10:15	5:51	2	1:19	7	2:55
00 6	0.35	1:46	5:02	1	-	3	0:11	2.10	12:01	5:43	2	1:14	7	3:06
00 7	0.35	1:45	5:00	1	-	2	0:19	2.45	13:46	5:37	2	1:06	7	3:25
00 8	0.35	1:48	5:08	1	-	4	0:12	2.80	15:34	5:33	2	1:03	7	3:37
00 9	0.35	2:22	6:45	2	0:28	8	0:57	3.15	17:56	5:41	2	1:31	7	4:34
00 10	0.35	1:45	5:00	1	-	2	0:11	3.50	19:41	5:37	2	1:21	7	4:45
00 11	0.35	1:49	5:11	1	-	4	0:22	3.85	21:30	5:35	2	1:14	7	5:07
00 12	0.35	1:50	5:14	1	-	4	0:15	4.20	23:20	5:33	2	1:11	7	5:22
00 13	0.35	2:22	6:45	2	0:27	8	0:56	4.55	25:42	5:38	2	1:38	7	6:18
00 14	0.35	1:50	5:14	1	-	2	0:16	4.90	27:32	5:37	2	1:32	7	6:34
00 15	0.35	1:51	5:17	1	-	3	0:28	5.25	29:23	5:35	2	1:27	7	7:02
00 16	0.35	1:58	5:37	2	0:05	6	0:22	5.60	31:21	5:35	2	1:32	7	7:24
00 17	0.35	2:17	6:31	2	0:21	7	0:48	5.95	33:38	5:39	2	1:53	7	8:12
00 18	0.35	1:51	5:17	1	-	4	0:15	6.30	35:29	5:37	2	1:46	7	8:27
00 19	0.35	1:50	5:14	1	-	3	0:21	6.65	37:19	5:36	2	1:38	7	8:48
00 20	0.35	2:16	6:28	2	0:20	8	0:36	7.00	39:35	5:39	2	1:58	7	9:24
00 21	0.35	1:57	5:34	2	0:01	6	0:29	7.35	41:32	5:39	2	1:59	7	9:53
00 22	0.35	1:51	5:17	1	-	4	0:11	7.70	43:23	5:38	2	1:53	6	10:04
00 23	0.35	1:49	5:11	1	-	2	0:19	8.05	45:12	5:36	2	1:47	6	10:23
00 24	0.35	2:29	7:05	2	0:30	8	0:51	8.40	47:41	5:40	2	2:17	6	11:14
00 25	0.35	2:02	5:48	2	0:01	6	0:37	8.75	49:43	5:40	2	2:18	6	11:51
00 26	0.35	1:58	5:37	1	-	5	0:21	9.10	51:41	5:40	2	2:18	6	12:12
00 27	0.35	2:00	5:42	1	-	5	0:33	9.45	53:41	5:40	2	2:18	6	12:45
00 28	0.35	1:59	5:40	2	0:01	6	0:21	9.80	55:40	5:40	2	2:19	6	13:06
00 29	0.35	1:57	5:34	1	-	4	0:29	10.15	57:37	5:40	2	2:10	6	13:35
00 30	0.35	1:52	5:20	1	-	4	0:12	10.50	59:29	5:39	2	2:02	6	13:47