



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

Arnstadt / 31.01.2024

0000

Anja Gastmann

000: 58:04

00: 42

00: 10.49 km/h

00: 0.35 km/00

0000: 5:43 min/km

Stundenlauf

00: 29 (10.15 km)

0000:

00000/00: 7 (of 11)

Seniorinnen W55 (55-59)

00000: 3(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  | 1:41         | 4:48 | 1    | -    | 2    | 0:17   | 0.35          | 1:41  | 4:48 | 1    | -    | 2 | 0:17  |
| 00 2  | 0.35  | 1:55         | 5:28 | 2    | 0:09 | 5    | 0:23   | 0.70          | 3:36  | 5:08 | 1    | -    | 4 | 0:40  |
| 00 3  | 0.35  | 1:55         | 5:28 | 2    | 0:08 | 5    | 0:29   | 1.05          | 5:31  | 5:15 | 2    | 0:08 | 5 | 1:09  |
| 00 4  | 0.35  | 1:57         | 5:34 | 3    | 0:08 | 6    | 0:25   | 1.40          | 7:28  | 5:20 | 2    | 0:16 | 5 | 1:34  |
| 00 5  | 0.35  | 1:58         | 5:37 | 3    | 0:08 | 6    | 0:32   | 1.75          | 9:26  | 5:23 | 2    | 0:24 | 5 | 2:06  |
| 00 6  | 0.35  | 1:55         | 5:28 | 2    | 0:05 | 6    | 0:20   | 2.10          | 11:21 | 5:24 | 2    | 0:29 | 5 | 2:26  |
| 00 7  | 0.35  | 1:58         | 5:37 | 3    | 0:09 | 7    | 0:32   | 2.45          | 13:19 | 5:26 | 2    | 0:38 | 5 | 2:58  |
| 00 8  | 0.35  | 1:58         | 5:37 | 3    | 0:11 | 7    | 0:22   | 2.80          | 15:17 | 5:27 | 3    | 0:49 | 6 | 3:20  |
| 00 9  | 0.35  | 1:58         | 5:37 | 3    | 0:10 | 6    | 0:33   | 3.15          | 17:15 | 5:28 | 3    | 0:59 | 6 | 3:53  |
| 00 10 | 0.35  | 1:58         | 5:37 | 3    | 0:10 | 7    | 0:24   | 3.50          | 19:13 | 5:29 | 3    | 1:09 | 6 | 4:17  |
| 00 11 | 0.35  | 2:00         | 5:42 | 3    | 0:12 | 7    | 0:33   | 3.85          | 21:13 | 5:30 | 3    | 1:21 | 6 | 4:50  |
| 00 12 | 0.35  | 1:56         | 5:31 | 2    | 0:08 | 6    | 0:21   | 4.20          | 23:09 | 5:30 | 3    | 1:29 | 6 | 5:11  |
| 00 13 | 0.35  | 1:59         | 5:40 | 3    | 0:11 | 6    | 0:33   | 4.55          | 25:08 | 5:31 | 3    | 1:40 | 6 | 5:44  |
| 00 14 | 0.35  | 1:59         | 5:40 | 3    | 0:09 | 7    | 0:25   | 4.90          | 27:07 | 5:32 | 3    | 1:49 | 6 | 6:09  |
| 00 15 | 0.35  | 2:00         | 5:42 | 3    | 0:11 | 7    | 0:37   | 5.25          | 29:07 | 5:32 | 3    | 2:00 | 6 | 6:46  |
| 00 16 | 0.35  | 2:01         | 5:45 | 3    | 0:12 | 7    | 0:25   | 5.60          | 31:08 | 5:33 | 3    | 2:12 | 6 | 7:11  |
| 00 17 | 0.35  | 2:03         | 5:51 | 3    | 0:14 | 6    | 0:34   | 5.95          | 33:11 | 5:34 | 3    | 2:26 | 6 | 7:45  |
| 00 18 | 0.35  | 2:03         | 5:51 | 3    | 0:13 | 7    | 0:27   | 6.30          | 35:14 | 5:35 | 3    | 2:39 | 6 | 8:12  |
| 00 19 | 0.35  | 2:03         | 5:51 | 3    | 0:12 | 7    | 0:34   | 6.65          | 37:17 | 5:36 | 3    | 2:51 | 6 | 8:46  |
| 00 20 | 0.35  | 2:03         | 5:51 | 3    | 0:13 | 6    | 0:23   | 7.00          | 39:20 | 5:37 | 3    | 3:04 | 6 | 9:09  |
| 00 21 | 0.35  | 2:05         | 5:57 | 3    | 0:15 | 7    | 0:37   | 7.35          | 41:25 | 5:38 | 3    | 3:19 | 6 | 9:46  |
| 00 22 | 0.35  | 2:06         | 6:00 | 3    | 0:18 | 7    | 0:26   | 7.70          | 43:31 | 5:39 | 3    | 3:37 | 7 | 10:12 |
| 00 23 | 0.35  | 2:06         | 6:00 | 3    | 0:16 | 7    | 0:36   | 8.05          | 45:37 | 5:40 | 3    | 3:53 | 7 | 10:48 |
| 00 24 | 0.35  | 2:06         | 6:00 | 3    | 0:18 | 6    | 0:28   | 8.40          | 47:43 | 5:40 | 3    | 4:11 | 7 | 11:16 |
| 00 25 | 0.35  | 2:06         | 6:00 | 3    | 0:18 | 7    | 0:41   | 8.75          | 49:49 | 5:41 | 3    | 4:29 | 7 | 11:57 |
| 00 26 | 0.35  | 2:04         | 5:54 | 3    | 0:19 | 7    | 0:27   | 9.10          | 51:53 | 5:42 | 3    | 4:48 | 7 | 12:24 |
| 00 27 | 0.35  | 2:05         | 5:57 | 3    | 0:18 | 7    | 0:38   | 9.45          | 53:58 | 5:42 | 3    | 5:06 | 7 | 13:02 |
| 00 28 | 0.35  | 2:02         | 5:48 | 3    | 0:16 | 7    | 0:24   | 9.80          | 56:00 | 5:42 | 3    | 5:22 | 7 | 13:26 |
| 00 29 | 0.35  | 2:04         | 5:54 | 3    | 0:17 | 6    | 0:36   | 10.15         | 58:04 | 5:43 | 3    | 5:39 | 7 | 14:02 |