



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

Arnstadt / 31.01.2024

0000

Anja Gastmann

000: 58:04

00: 42

00: 10.33 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