



# 1. SPORTident Winter-Stundenlaufserie mit Musik (2. Lauf)

Arnstadt / 21.02.2024

□□□□

Janine Urban

□□□: 30:00

□□: 29

□□: 8.00 km/h

□□: 0.35 km/□□

□□□□: 6:07 min/km

Halbstundenlauf

□: 14 (4.9 km)

□□□□:

□□□□□/□: 7 (of 14)

Seniorinnen W35 (35-39) H

□□□□□: 1(of 1)

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□□□

| □□□   | □□   | □□   | □□     | □□ | □□ | □□ | □□   | □□□  | □□□   | □□□    | □□ | □□ | □□ | □□   |
|-------|------|------|--------|----|----|----|------|------|-------|--------|----|----|----|------|
|       | km   | □□   | min/km | -  | -  | □  | □    | km   | □□    | min/km | -  | -  | □  | □    |
| □□ 1  | 0.35 | 2:07 | 6:02   | 1  | -  | 9  | 0:47 | 0.35 | 2:07  | 6:02   | 1  | -  | 9  | 0:47 |
| □□ 2  | 0.35 | 1:58 | 5:37   | 1  | -  | 7  | 0:32 | 0.70 | 4:05  | 5:49   | 1  | -  | 7  | 1:19 |
| □□ 3  | 0.35 | 2:04 | 5:54   | 1  | -  | 7  | 0:34 | 1.05 | 6:09  | 5:51   | 1  | -  | 7  | 1:53 |
| □□ 4  | 0.35 | 2:08 | 6:05   | 1  | -  | 7  | 0:40 | 1.40 | 8:17  | 5:55   | 1  | -  | 7  | 2:33 |
| □□ 5  | 0.35 | 2:05 | 5:57   | 1  | -  | 7  | 0:34 | 1.75 | 10:22 | 5:55   | 1  | -  | 7  | 3:07 |
| □□ 6  | 0.35 | 2:04 | 5:54   | 1  | -  | 6  | 0:33 | 2.10 | 12:26 | 5:55   | 1  | -  | 7  | 3:40 |
| □□ 7  | 0.35 | 2:08 | 6:05   | 1  | -  | 7  | 0:35 | 2.45 | 14:34 | 5:56   | 1  | -  | 7  | 4:15 |
| □□ 8  | 0.35 | 2:08 | 6:05   | 1  | -  | 7  | 0:38 | 2.80 | 16:42 | 5:57   | 1  | -  | 7  | 4:53 |
| □□ 9  | 0.35 | 2:15 | 6:25   | 1  | -  | 8  | 0:43 | 3.15 | 18:57 | 6:00   | 1  | -  | 7  | 5:36 |
| □□ 10 | 0.35 | 2:20 | 6:40   | 1  | -  | 8  | 0:48 | 3.50 | 21:17 | 6:04   | 1  | -  | 7  | 6:24 |
| □□ 11 | 0.35 | 2:25 | 6:54   | 1  | -  | 8  | 0:53 | 3.85 | 23:42 | 6:09   | 1  | -  | 7  | 7:17 |
| □□ 12 | 0.35 | 2:09 | 6:08   | 1  | -  | 7  | 0:36 | 4.20 | 25:51 | 6:09   | 1  | -  | 7  | 7:53 |
| □□ 13 | 0.35 | 2:13 | 6:20   | 1  | -  | 7  | 0:39 | 4.55 | 28:04 | 6:10   | 1  | -  | 7  | 8:32 |
| □□ 14 | 0.35 | 1:56 | 5:31   | 1  | -  | 3  | 0:22 | 4.90 | 30:00 | 6:07   | 1  | -  | 7  | 8:54 |