



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

Arnstadt / 21.02.2024

□□□□

Nicole Beyer

□□: SV Ichtershausen

□□: 3

□□: 0.35 km/□□

Halbstundenlauf

□□□□:

Seniorinnen W45 (45-49) H

□□□: 29:35

□□: 10.14 km/h

□□□□: 4:58 min/km

□: 17 (5.95 km)

□□□□□/□: 2 (of 14)

□□□□□: 1(of 2)

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□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□  | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1  | 0.35     | 1:39     | 4:42         | 1       | -       | 2       | 0:19    | 0.35 | 1:39      | 4:42      | 1             | -       | 2       | 0:19    |         |
| □□ 2  | 0.35     | 1:40     | 4:45         | 1       | -       | 2       | 0:14    | 0.70 | 3:19      | 4:44      | 1             | -       | 2       | 0:33    |         |
| □□ 3  | 0.35     | 1:41     | 4:48         | 1       | -       | 2       | 0:11    | 1.05 | 5:00      | 4:45      | 1             | -       | 2       | 0:44    |         |
| □□ 4  | 0.35     | 1:41     | 4:48         | 1       | -       | 2       | 0:13    | 1.40 | 6:41      | 4:46      | 1             | -       | 2       | 0:57    |         |
| □□ 5  | 0.35     | 1:44     | 4:57         | 1       | -       | 2       | 0:13    | 1.75 | 8:25      | 4:48      | 1             | -       | 2       | 1:10    |         |
| □□ 6  | 0.35     | 1:42     | 4:51         | 1       | -       | 2       | 0:11    | 2.10 | 10:07     | 4:49      | 1             | -       | 2       | 1:21    |         |
| □□ 7  | 0.35     | 1:45     | 5:00         | 1       | -       | 2       | 0:12    | 2.45 | 11:52     | 4:50      | 1             | -       | 2       | 1:33    |         |
| □□ 8  | 0.35     | 1:45     | 5:00         | 1       | -       | 2       | 0:15    | 2.80 | 13:37     | 4:51      | 1             | -       | 2       | 1:48    |         |
| □□ 9  | 0.35     | 1:44     | 4:57         | 1       | -       | 2       | 0:12    | 3.15 | 15:21     | 4:52      | 1             | -       | 2       | 2:00    |         |
| □□ 10 | 0.35     | 1:47     | 5:05         | 1       | -       | 2       | 0:15    | 3.50 | 17:08     | 4:53      | 1             | -       | 2       | 2:15    |         |
| □□ 11 | 0.35     | 1:45     | 5:00         | 1       | -       | 2       | 0:13    | 3.85 | 18:53     | 4:54      | 1             | -       | 2       | 2:28    |         |
| □□ 12 | 0.35     | 1:47     | 5:05         | 1       | -       | 2       | 0:14    | 4.20 | 20:40     | 4:55      | 1             | -       | 2       | 2:42    |         |
| □□ 13 | 0.35     | 1:46     | 5:02         | 1       | -       | 2       | 0:12    | 4.55 | 22:26     | 4:55      | 1             | -       | 2       | 2:54    |         |
| □□ 14 | 0.35     | 1:47     | 5:05         | 1       | -       | 2       | 0:13    | 4.90 | 24:13     | 4:56      | 1             | -       | 2       | 3:07    |         |
| □□ 15 | 0.35     | 1:47     | 5:05         | 1       | -       | 2       | 0:14    | 5.25 | 26:00     | 4:57      | 1             | -       | 2       | 3:21    |         |
| □□ 16 | 0.35     | 1:48     | 5:08         | 1       | -       | 2       | 0:13    | 5.60 | 27:48     | 4:57      | 1             | -       | 2       | 3:34    |         |
| □□ 17 | 0.35     | 1:47     | 5:05         | 1       | -       | 2       | 0:12    | 5.95 | 29:35     | 4:58      | 1             | -       | 2       | 3:46    |         |