



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

Arnstadt / 21.02.2024

□□□□

Thi Hong Hoa Nguyen

□□□: 29:48

□□: SPORTident

□□: 6.04 km/h

□□: 92

□□□□: 8:30 min/km

□□: 0.35 km/□□

□: 10 (3.5 km)

Halbstundenlauf

□□□□□/□: 12 (of 14)

□□□□:

□□□□□: 2(of 2)

Seniorinnen W45 (45-49) H

□□□□

□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□  | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|---------------|---------|---------|---------|---------|
| □□ 1  | 0.35     | 2:36     | 7:25         | 2       | 0:57    | 13      | 1:16    | 0.35 | 2:36      | 7:25          | 2       | 0:57    | 13      | 1:16    |
| □□ 2  | 0.35     | 2:53     | 8:14         | 2       | 1:13    | 11      | 1:27    | 0.70 | 5:29      | 7:50          | 2       | 2:10    | 13      | 2:43    |
| □□ 3  | 0.35     | 3:00     | 8:34         | 2       | 1:19    | 13      | 1:30    | 1.05 | 8:29      | 8:04          | 2       | 3:29    | 13      | 4:13    |
| □□ 4  | 0.35     | 3:05     | 8:48         | 2       | 1:24    | 11      | 1:37    | 1.40 | 11:34     | 8:15          | 2       | 4:53    | 11      | 5:50    |
| □□ 5  | 0.35     | 3:06     | 8:51         | 2       | 1:22    | 11      | 1:35    | 1.75 | 14:40     | 8:22          | 2       | 6:15    | 11      | 7:25    |
| □□ 6  | 0.35     | 3:21     | 9:34         | 2       | 1:39    | 12      | 1:50    | 2.10 | 18:01     | 8:34          | 2       | 7:54    | 12      | 9:15    |
| □□ 7  | 0.35     | 3:03     | 8:42         | 2       | 1:18    | 11      | 1:30    | 2.45 | 21:04     | 8:35          | 2       | 9:12    | 12      | 10:45   |
| □□ 8  | 0.35     | 2:58     | 8:28         | 2       | 1:13    | 11      | 1:28    | 2.80 | 24:02     | 8:35          | 2       | 10:25   | 12      | 12:13   |
| □□ 9  | 0.35     | 3:03     | 8:42         | 2       | 1:19    | 12      | 1:31    | 3.15 | 27:05     | 8:35          | 2       | 11:44   | 12      | 13:44   |
| □□ 10 | 0.35     | 2:43     | 7:45         | 2       | 0:56    | 11      | 1:11    | 3.50 | 29:48     | 8:30          | 2       | 12:40   | 12      | 14:55   |