



1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

SPORTID

Thi Ngoc Anh Nguyen

TIME: 29:41

SPORTID: SPORTident

AVG: 7.78 km/h

AGE: 16

AVG: 7:42 min/km

AVG: 0.35 km/loop

LOOPS: 11 (3.85 km)

Halbstundenlauf

LOOPS/ID: 12 (of 13)

AGE GROUP:

LOOPS: 3(of 3)

Frauen (20-29 Jahre) H

SPORTID

TIME

AVG

SPORTID	km	AVG min/km	-	-	LOOPS	TIME	AVG km	AVG min/km	-	-	LOOPS	TIME		
SPORTID 1	0.35	2:17	6:31	3	0:16	11	0:53	0.35	2:17	6:31	3	0:16	11	0:53
SPORTID 2	0.35	2:23	6:48	3	0:23	12	0:59	0.70	4:40	6:40	3	0:39	12	1:52
SPORTID 3	0.35	2:27	7:00	3	0:26	11	1:02	1.05	7:07	6:46	3	1:03	11	2:54
SPORTID 4	0.35	2:41	7:40	3	0:38	11	1:12	1.40	9:48	7:00	3	1:39	11	4:06
SPORTID 5	0.35	2:47	7:57	3	0:42	11	1:16	1.75	12:35	7:11	3	2:21	11	5:22
SPORTID 6	0.35	3:12	9:08	3	1:05	13	1:40	2.10	15:47	7:30	3	3:26	11	7:02
SPORTID 7	0.35	2:53	8:14	3	0:43	12	1:21	2.45	18:40	7:37	3	4:09	11	8:23
SPORTID 8	0.35	2:49	8:02	3	0:40	11	1:17	2.80	21:29	7:40	3	4:49	11	9:40
SPORTID 9	0.35	3:05	8:48	3	0:53	13	1:33	3.15	24:34	7:47	3	5:42	12	11:13
SPORTID 10	0.35	2:40	7:37	3	0:31	12	1:07	3.50	27:14	7:46	3	6:13	12	12:20
SPORTID 11	0.35	2:27	7:00	3	0:17	11	0:52	3.85	29:41	7:42	3	6:30	12	13:12