



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

Arnstadt / 20.03.2024

0000

Beyer Nicole

00: SV Ichtershausen

00: 18

00: 0.35 km/00

Halbstundenlauf

0000:

Seniorinnen W45 (45-49) H

000: 28:57

00: 10.36 km/h

0000: 4:51 min/km

0: 17 (5.95 km)

00000/0: 4 (of 13)

00000: 1(of 2)

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|-------|------|------|--------|----|----|----|------|------|-------|--------|----|----|----|------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| 00 1 | 0.35 | 1:41 | 4:48 | 1 | - | 4 | 0:17 | 0.35 | 1:41 | 4:48 | 1 | - | 4 | 0:17 |
| 00 2 | 0.35 | 1:39 | 4:42 | 1 | - | 4 | 0:15 | 0.70 | 3:20 | 4:45 | 1 | - | 4 | 0:32 |
| 00 3 | 0.35 | 1:41 | 4:48 | 1 | - | 4 | 0:16 | 1.05 | 5:01 | 4:46 | 1 | - | 4 | 0:48 |
| 00 4 | 0.35 | 1:41 | 4:48 | 1 | - | 4 | 0:12 | 1.40 | 6:42 | 4:47 | 1 | - | 4 | 1:00 |
| 00 5 | 0.35 | 1:41 | 4:48 | 1 | - | 4 | 0:10 | 1.75 | 8:23 | 4:47 | 1 | - | 4 | 1:10 |
| 00 6 | 0.35 | 1:43 | 4:54 | 1 | - | 4 | 0:11 | 2.10 | 10:06 | 4:48 | 1 | - | 4 | 1:21 |
| 00 7 | 0.35 | 1:42 | 4:51 | 1 | - | 4 | 0:10 | 2.45 | 11:48 | 4:48 | 1 | - | 4 | 1:31 |
| 00 8 | 0.35 | 1:42 | 4:51 | 1 | - | 4 | 0:10 | 2.80 | 13:30 | 4:49 | 1 | - | 4 | 1:41 |
| 00 9 | 0.35 | 1:42 | 4:51 | 1 | - | 2 | 0:10 | 3.15 | 15:12 | 4:49 | 1 | - | 4 | 1:51 |
| 00 10 | 0.35 | 1:43 | 4:54 | 1 | - | 2 | 0:10 | 3.50 | 16:55 | 4:50 | 1 | - | 4 | 2:01 |
| 00 11 | 0.35 | 1:42 | 4:51 | 1 | - | 4 | 0:07 | 3.85 | 18:37 | 4:50 | 1 | - | 4 | 2:08 |
| 00 12 | 0.35 | 1:42 | 4:51 | 1 | - | 3 | 0:21 | 4.20 | 20:19 | 4:50 | 1 | - | 4 | 2:18 |
| 00 13 | 0.35 | 1:42 | 4:51 | 1 | - | 4 | 0:16 | 4.55 | 22:01 | 4:50 | 1 | - | 4 | 2:29 |
| 00 14 | 0.35 | 1:44 | 4:57 | 1 | - | 3 | 0:15 | 4.90 | 23:45 | 4:50 | 1 | - | 4 | 2:39 |
| 00 15 | 0.35 | 1:44 | 4:57 | 1 | - | 3 | 0:14 | 5.25 | 25:29 | 4:51 | 1 | - | 4 | 2:48 |
| 00 16 | 0.35 | 1:43 | 4:54 | 1 | - | 4 | 0:12 | 5.60 | 27:12 | 4:51 | 1 | - | 4 | 2:55 |
| 00 17 | 0.35 | 1:45 | 5:00 | 1 | - | 4 | 0:14 | 5.95 | 28:57 | 4:51 | 1 | - | 4 | 3:06 |