



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

Arnstadt / 20.03.2024

0000

Kristin Weber

00: Kita Schillerstraße

00: 75

00: 0.35 km/00

Stundenlauf

0000:

Seniorinnen W30 (30-34)

000: 59:13

00: 9.12 km/h

0000: 6:02 min/km

0: 28 (9.8 km)

00000/0: 5 (of 10)

00000: 2(of 2)

0000

0000

000

000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
00 1	0.35	1:46	5:02	2	0:10	5	0:20	0.35	1:46	5:02	2	0:10	11	0:20
00 2	0.35	1:58	5:37	2	0:15	5	0:43	0.70	3:44	5:20	2	0:25	11	1:03
00 3	0.35	1:56	5:31	2	0:09	5	0:29	1.05	5:40	5:23	2	0:34	11	1:32
00 4	0.35	1:59	5:40	2	0:09	5	0:27	1.40	7:39	5:27	2	0:43	11	1:59
00 5	0.35	2:02	5:48	2	0:15	6	0:36	1.75	9:41	5:31	2	0:58	11	2:35
00 6	0.35	2:09	6:08	2	0:19	7	0:49	2.10	11:50	5:38	2	1:17	11	3:24
00 7	0.35	2:08	6:05	2	0:23	7	0:34	2.45	13:58	5:42	2	1:40	11	3:58
00 8	0.35	2:07	6:02	2	0:22	6	0:30	2.80	16:05	5:44	2	2:02	11	4:28
00 9	0.35	2:09	6:08	2	0:23	7	0:37	3.15	18:14	5:47	2	2:25	11	5:05
00 10	0.35	2:12	6:17	2	0:25	6	0:51	3.50	20:26	5:50	2	2:50	11	5:56
00 11	0.35	2:06	6:00	2	0:20	6	0:20	3.85	22:32	5:51	2	3:10	11	6:14
00 12	0.35	2:07	6:02	2	0:19	6	0:36	4.20	24:39	5:52	2	3:29	11	6:50
00 13	0.35	2:10	6:11	2	0:21	7	0:47	4.55	26:49	5:53	2	3:50	11	7:37
00 14	0.35	2:11	6:14	2	0:25	6	0:30	4.90	29:00	5:55	2	4:15	10	8:07
00 15	0.35	2:04	5:54	2	0:16	6	0:21	5.25	31:04	5:55	2	4:31	10	8:28
00 16	0.35	2:11	6:14	2	0:21	5	0:39	5.60	33:15	5:56	2	4:52	10	9:07
00 17	0.35	2:07	6:02	2	0:15	5	0:44	5.95	35:22	5:56	2	5:07	10	9:51
00 18	0.35	2:10	6:11	2	0:21	6	0:32	6.30	37:32	5:57	2	5:28	9	10:23
00 19	0.35	2:09	6:08	2	0:24	6	0:24	6.65	39:41	5:58	2	5:52	9	10:44
00 20	0.35	2:10	6:11	2	0:23	5	0:23	7.00	41:51	5:58	2	6:15	5	6:15
00 21	0.35	2:07	6:02	2	0:19	5	0:19	7.35	43:58	5:58	2	6:34	5	6:34
00 22	0.35	2:06	6:00	2	0:16	5	0:18	7.70	46:04	5:58	2	6:50	5	6:52
00 23	0.35	2:07	6:02	2	0:20	4	0:20	8.05	48:11	5:59	2	7:10	5	7:11
00 24	0.35	2:16	6:28	2	0:30	5	0:30	8.40	50:27	6:00	2	7:40	5	7:41
00 25	0.35	2:15	6:25	2	0:28	5	0:28	8.75	52:42	6:01	2	8:08	5	8:08
00 26	0.35	2:18	6:34	2	0:31	6	0:32	9.10	55:00	6:02	2	8:39	5	8:40
00 27	0.35	2:10	6:11	2	0:22	5	0:22	9.45	57:10	6:02	2	9:01	5	9:02
00 28	0.35	2:03	5:51	2	0:14	5	0:14	9.80	59:13	6:02	2	9:15	5	9:16