



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

Arnstadt / 20.03.2024

0000

Mariko Bechmann

000: 59:14

00: Lauffeuer Fröttstädt e.V.

00: 10.64 km/h

00: 44

0000: 5:38 min/km

00: 0.35 km/00

0: 30 (10.5 km)

Stundenlauf

00000/0: 4 (of 10)

0000:

00000: 1(of 4)

Seniorinnen W35 (35-39) H

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	2:01	5:45	2	0:18	7	0:35	0.35	2:01	5:45	2	0:18	11	0:35
00 2	0.35	2:01	5:45	2	0:03	7	0:46	0.70	4:02	5:45	2	0:21	11	1:21
00 3	0.35	2:02	5:48	1	-	6	0:35	1.05	6:04	5:46	2	0:21	11	1:56
00 4	0.35	2:00	5:42	1	-	6	0:28	1.40	8:04	5:45	2	0:19	11	2:24
00 5	0.35	1:40	4:45	1	-	2	0:14	1.75	9:44	5:33	1	-	11	2:38
00 6	0.35	1:46	5:02	1	-	2	0:26	2.10	11:30	5:28	1	-	11	3:04
00 7	0.35	1:48	5:08	1	-	4	0:14	2.45	13:18	5:25	1	-	11	3:18
00 8	0.35	1:49	5:11	1	-	4	0:12	2.80	15:07	5:23	1	-	11	3:30
00 9	0.35	1:49	5:11	1	-	4	0:17	3.15	16:56	5:22	1	-	11	3:47
00 10	0.35	2:28	7:02	3	0:24	8	1:07	3.50	19:24	5:32	1	-	11	4:54
00 11	0.35	2:00	5:42	1	-	5	0:14	3.85	21:24	5:33	1	-	11	5:06
00 12	0.35	1:49	5:11	1	-	4	0:18	4.20	23:13	5:31	1	-	11	5:24
00 13	0.35	1:49	5:11	1	-	3	0:26	4.55	25:02	5:30	1	-	11	5:50
00 14	0.35	1:50	5:14	1	-	4	0:09	4.90	26:52	5:28	1	-	10	5:59
00 15	0.35	1:50	5:14	1	-	4	0:07	5.25	28:42	5:28	1	-	10	6:06
00 16	0.35	2:15	6:25	1	-	6	0:43	5.60	30:57	5:31	1	-	10	6:49
00 17	0.35	2:16	6:28	1	-	6	0:53	5.95	33:13	5:34	1	-	10	7:42
00 18	0.35	1:49	5:11	1	-	3	0:11	6.30	35:02	5:33	1	-	9	7:53
00 19	0.35	1:53	5:22	1	-	5	0:08	6.65	36:55	5:33	1	-	9	7:58
00 20	0.35	1:50	5:14	1	-	3	0:03	7.00	38:45	5:32	1	-	4	3:09
00 21	0.35	1:50	5:14	1	-	3	0:02	7.35	40:35	5:31	1	-	4	3:11
00 22	0.35	2:05	5:57	1	-	4	0:17	7.70	42:40	5:32	1	-	4	3:28
00 23	0.35	2:37	7:28	3	0:17	7	0:50	8.05	45:17	5:37	1	-	4	4:17
00 24	0.35	2:03	5:51	1	-	4	0:17	8.40	47:20	5:38	1	-	4	4:34
00 25	0.35	2:02	5:48	1	-	4	0:15	8.75	49:22	5:38	1	-	4	4:48
00 26	0.35	2:00	5:42	1	-	4	0:14	9.10	51:22	5:38	1	-	4	5:02
00 27	0.35	2:01	5:45	1	-	4	0:13	9.45	53:23	5:38	1	-	4	5:15
00 28	0.35	1:59	5:40	1	-	4	0:10	9.80	55:22	5:38	1	-	4	5:25
00 29	0.35	1:57	5:34	1	-	4	0:12	10.15	57:19	5:38	1	-	4	5:37
00 30	0.35	1:55	5:28	1	-	4	0:08	10.50	59:14	5:38	1	-	4	5:45