



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

Arnstadt / 20.03.2024

0000

Jenny Gräßler

000: 59:10

00: 39

00: 9.13 km/h

00: 0.35 km/00

0000: 6:15 min/km

Stundenlauf

0: 27 (9.45 km)

0000:

00000/0: 6 (of 10)

Seniorinnen W35 (35-39) H

00000: 2(of 4)

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	1:43	4:54	1	-	4	0:17	0.35	1:43	4:54	1	-	11	0:17
00 2	0.35	1:58	5:37	1	-	5	0:43	0.70	3:41	5:15	1	-	11	1:00
00 3	0.35	2:02	5:48	1	-	6	0:35	1.05	5:43	5:26	1	-	11	1:35
00 4	0.35	2:02	5:48	2	0:02	7	0:30	1.40	7:45	5:32	1	-	11	2:05
00 5	0.35	2:03	5:51	2	0:23	7	0:37	1.75	9:48	5:36	2	0:04	11	2:42
00 6	0.35	2:08	6:05	2	0:22	6	0:48	2.10	11:56	5:40	2	0:26	11	3:30
00 7	0.35	2:07	6:02	2	0:19	6	0:33	2.45	14:03	5:44	2	0:45	11	4:03
00 8	0.35	2:09	6:08	2	0:20	7	0:32	2.80	16:12	5:47	2	1:05	11	4:35
00 9	0.35	2:08	6:05	2	0:19	6	0:36	3.15	18:20	5:49	2	1:24	11	5:11
00 10	0.35	2:04	5:54	1	-	5	0:43	3.50	20:24	5:49	2	1:00	11	5:54
00 11	0.35	2:14	6:22	2	0:14	7	0:28	3.85	22:38	5:52	2	1:14	11	6:20
00 12	0.35	2:17	6:31	3	0:28	8	0:46	4.20	24:55	5:55	2	1:42	11	7:06
00 13	0.35	2:17	6:31	3	0:28	8	0:54	4.55	27:12	5:58	2	2:10	11	8:00
00 14	0.35	2:16	6:28	2	0:26	7	0:35	4.90	29:28	6:00	2	2:36	10	8:35
00 15	0.35	2:14	6:22	2	0:24	7	0:31	5.25	31:42	6:02	2	3:00	10	9:06
00 16	0.35	2:20	6:40	2	0:05	7	0:48	5.60	34:02	6:04	2	3:05	10	9:54
00 17	0.35	2:19	6:37	2	0:03	7	0:56	5.95	36:21	6:06	2	3:08	10	10:50
00 18	0.35	2:25	6:54	2	0:36	7	0:47	6.30	38:46	6:09	2	3:44	9	11:37
00 19	0.35	2:14	6:22	2	0:21	7	0:29	6.65	41:00	6:09	2	4:05	9	12:03
00 20	0.35	2:17	6:31	2	0:27	6	0:30	7.00	43:17	6:10	2	4:32	6	7:41
00 21	0.35	2:14	6:22	2	0:24	6	0:26	7.35	45:31	6:11	2	4:56	6	8:07
00 22	0.35	2:14	6:22	2	0:09	6	0:26	7.70	47:45	6:12	2	5:05	6	8:33
00 23	0.35	2:20	6:40	1	-	5	0:33	8.05	50:05	6:13	2	4:48	6	9:05
00 24	0.35	2:21	6:42	3	0:18	7	0:35	8.40	52:26	6:14	2	5:06	6	9:40
00 25	0.35	2:16	6:28	2	0:14	6	0:29	8.75	54:42	6:15	2	5:20	6	10:08
00 26	0.35	2:14	6:22	2	0:14	5	0:28	9.10	56:56	6:15	2	5:34	6	10:36
00 27	0.35	2:14	6:22	2	0:13	6	0:26	9.45	59:10	6:15	2	5:47	6	11:02