



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

Arnstadt / 15.01.2025

0000

Nina Baus

000: 58:00

00: 101

00: 9.31 km/h

00: 0.49 km/00

0000: 6:13 min/km

Stundenlauf

00: 19 (9.31 km)

0000:

00000/00: 14 (of 19)

Seniorinnen W40 (40-44)

00000: 6(of 6)

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	0.49	2:47	5:40	5	0:26	13	0:41	0.49	2:47	5:40	5	0:26	13	0:41
00 2	0.49	2:57	6:01	6	0:33	14	0:54	0.98	5:44	5:51	5	0:57	13	1:35
00 3	0.49	2:54	5:55	6	0:27	14	0:51	1.47	8:38	5:52	6	1:20	14	2:26
00 4	0.49	3:00	6:07	6	0:31	14	0:59	1.96	11:38	5:56	6	1:51	14	3:25
00 5	0.49	2:57	6:01	6	0:27	14	0:53	2.45	14:35	5:57	6	2:17	14	4:18
00 6	0.49	2:58	6:03	6	0:29	14	0:54	2.94	17:33	5:58	6	2:46	14	5:12
00 7	0.49	3:01	6:09	6	0:35	14	0:57	3.43	20:34	5:59	6	3:21	14	6:09
00 8	0.49	2:59	6:05	6	0:29	14	0:56	3.92	23:33	6:00	6	3:50	14	7:05
00 9	0.49	3:01	6:09	6	0:32	14	0:59	4.41	26:34	6:01	6	4:22	14	8:04
00 10	0.49	2:58	6:03	6	0:29	14	0:54	4.90	29:32	6:01	6	4:51	14	8:58
00 11	0.49	3:07	6:21	6	0:38	14	1:04	5.39	32:39	6:03	6	5:29	14	10:02
00 12	0.49	3:10	6:27	6	0:36	14	1:06	5.88	35:49	6:05	6	6:05	14	11:08
00 13	0.49	3:10	6:27	6	0:37	14	1:06	6.37	38:59	6:07	6	6:42	14	12:14
00 14	0.49	3:07	6:21	6	0:34	14	1:04	6.86	42:06	6:08	6	7:16	14	13:18
00 15	0.49	3:07	6:21	6	0:34	14	1:03	7.35	45:13	6:09	6	7:50	14	14:21
00 16	0.49	3:10	6:27	6	0:38	14	1:06	7.84	48:23	6:10	6	8:28	14	15:27
00 17	0.49	3:07	6:21	6	0:37	14	1:05	8.33	51:30	6:10	6	8:58	14	16:32
00 18	0.49	3:14	6:35	6	0:47	14	1:12	8.82	54:44	6:12	6	9:35	14	17:44
00 19	0.49	3:16	6:40	6	0:45	14	1:11	9.31	58:00	6:13	6	10:20	14	18:55