



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

Arnstadt / 15.01.2025

0000

Nicole Beyer

000: 58:51

00: 161

00: 11.21 km/h

00: 0.49 km/00

0000: 5:13 min/km

Stundenlauf

0: 23 (11.27 km)

0000:

00000/0: 6 (of 19)

Seniorinnen W50 (50-54)

00000: 1(of 2)

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000

000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	000 -	00 -	00 0	00 0		
00 1	0.49	2:28	5:02	1	-	6	0:22	0.49	2:28	5:02	1	-	6	0:22
00 2	0.49	2:27	5:00	1	-	6	0:24	0.98	4:55	5:01	1	-	6	0:46
00 3	0.49	2:30	5:06	1	-	5	0:27	1.47	7:25	5:02	1	-	6	1:13
00 4	0.49	2:29	5:04	1	-	4	0:28	1.96	9:54	5:03	1	-	6	1:41
00 5	0.49	2:29	5:04	1	-	4	0:25	2.45	12:23	5:03	1	-	6	2:06
00 6	0.49	2:30	5:06	1	-	5	0:26	2.94	14:53	5:03	1	-	6	2:32
00 7	0.49	2:34	5:14	1	-	5	0:30	3.43	17:27	5:05	1	-	6	3:02
00 8	0.49	2:34	5:14	1	-	6	0:31	3.92	20:01	5:06	1	-	6	3:33
00 9	0.49	2:37	5:20	1	-	6	0:35	4.41	22:38	5:07	1	-	6	4:08
00 10	0.49	2:35	5:16	1	-	6	0:31	4.90	25:13	5:08	1	-	6	4:39
00 11	0.49	2:36	5:18	1	-	6	0:33	5.39	27:49	5:09	1	-	6	5:12
00 12	0.49	2:33	5:12	1	-	4	0:29	5.88	30:22	5:09	1	-	6	5:41
00 13	0.49	2:32	5:10	1	-	3	0:28	6.37	32:54	5:09	1	-	6	6:09
00 14	0.49	2:37	5:20	1	-	6	0:34	6.86	35:31	5:10	1	-	6	6:43
00 15	0.49	2:38	5:22	1	-	6	0:34	7.35	38:09	5:11	1	-	6	7:17
00 16	0.49	2:36	5:18	1	-	6	0:32	7.84	40:45	5:11	1	-	6	7:49
00 17	0.49	2:33	5:12	1	-	4	0:31	8.33	43:18	5:11	1	-	6	8:20
00 18	0.49	2:36	5:18	1	-	5	0:34	8.82	45:54	5:12	1	-	6	8:54
00 19	0.49	2:33	5:12	1	-	5	0:28	9.31	48:27	5:12	1	-	6	9:22
00 20	0.49	2:37	5:20	1	-	6	0:34	9.80	51:04	5:12	1	-	6	9:56
00 21	0.49	2:36	5:18	1	-	6	0:33	10.29	53:40	5:12	1	-	6	10:29
00 22	0.49	2:36	5:18	1	-	7	0:33	10.78	56:16	5:13	1	-	6	11:02
00 23	0.49	2:35	5:16	1	-	6	0:31	11.27	58:51	5:13	1	-	6	11:33