



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

Arnstadt / 15.01.2025

□□□□

Katrin Schubert

□□□: 28:00

□□: 59

□□: 8.57 km/h

□□: 0.49 km/□□

□□□□: 5:42 min/km

Halbstundenlauf

□: 10 (4.9 km)

□□□□:

□□□□□/□: 9 (of 30)

Seniorinnen W35 (35-39) H

□□□□□: 2(of 8)

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 0.49 | 3:00 | 6:07 | 2 | 1:10 | 14 | 1:10 | 0.49 | 3:00 | 6:07 | 2 | 1:10 | 14 | 1:10 | |
| □□ 2 | 0.49 | 2:48 | 5:42 | 2 | 0:47 | 11 | 0:47 | 0.98 | 5:48 | 5:55 | 2 | 1:57 | 12 | 1:57 | |
| □□ 3 | 0.49 | 2:49 | 5:44 | 2 | 0:42 | 11 | 0:45 | 1.47 | 8:37 | 5:51 | 2 | 2:39 | 11 | 2:39 | |
| □□ 4 | 0.49 | 2:47 | 5:40 | 2 | 0:40 | 8 | 0:44 | 1.96 | 11:24 | 5:48 | 2 | 3:19 | 11 | 3:19 | |
| □□ 5 | 0.49 | 2:47 | 5:40 | 2 | 0:41 | 7 | 0:53 | 2.45 | 14:11 | 5:47 | 2 | 4:00 | 11 | 4:00 | |
| □□ 6 | 0.49 | 2:43 | 5:32 | 2 | 0:37 | 6 | 0:44 | 2.94 | 16:54 | 5:44 | 2 | 4:37 | 9 | 4:37 | |
| □□ 7 | 0.49 | 2:53 | 5:53 | 2 | 0:48 | 9 | 0:48 | 3.43 | 19:47 | 5:46 | 2 | 5:25 | 9 | 5:25 | |
| □□ 8 | 0.49 | 2:49 | 5:44 | 2 | 0:45 | 8 | 0:45 | 3.92 | 22:36 | 5:45 | 2 | 6:10 | 9 | 6:10 | |
| □□ 9 | 0.49 | 2:44 | 5:34 | 2 | 0:37 | 6 | 0:46 | 4.41 | 25:20 | 5:44 | 2 | 6:47 | 9 | 6:47 | |
| □□ 10 | 0.49 | 2:40 | 5:26 | 2 | 0:36 | 8 | 0:38 | 4.90 | 28:00 | 5:42 | 2 | 7:23 | 9 | 7:23 | |