



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

Arnstadt / 15.01.2025

0000

Manal Ziegler

000: 28:13

00: 53

00: 8.51 km/h

00: 0.49 km/00

0000: 6:23 min/km

Halbstundenlauf

0: 9 (4.41 km)

0000:

00000/0: 15 (of 30)

Seniorinnen W35 (35-39) H

00000: 3(of 8)

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
00 1	0.49	3:16	6:40	3	1:26	16	1:26	0.49	3:16	6:40	3	1:26	16	1:26
00 2	0.49	2:56	5:59	3	0:55	13	0:55	0.98	6:12	6:19	3	2:21	15	2:21
00 3	0.49	2:59	6:05	3	0:52	14	0:55	1.47	9:11	6:14	3	3:13	15	3:13
00 4	0.49	3:02	6:11	3	0:55	15	0:59	1.96	12:13	6:13	3	4:08	15	4:08
00 5	0.49	3:10	6:27	4	1:04	16	1:16	2.45	15:23	6:16	3	5:12	15	5:12
00 6	0.49	3:09	6:25	4	1:03	13	1:10	2.94	18:32	6:18	3	6:15	15	6:15
00 7	0.49	3:13	6:33	3	1:08	13	1:08	3.43	21:45	6:20	3	7:23	15	7:23
00 8	0.49	3:18	6:44	3	1:14	19	1:14	3.92	25:03	6:23	3	8:37	15	8:37
00 9	0.49	3:10	6:27	5	1:03	19	1:12	4.41	28:13	6:23	3	9:40	15	9:40