



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

Arnstadt / 31.01.2024

Detailed evaluation

Selina Thiem

Club: SV Pöllwitz

Number: 12

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Frauen (20-29 Jahre) H

Total time: 29:04

Speed: 9.39 km/h

Running performance: 6:23 min/km

Laps: 13 (4.55 km)

Rank in course/Women: 4 (of 8)

Rank in category: 1(of 2)

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	0.35	1:55	5:28	1	-	3	0:20	0.35	1:55	5:28	1	-	3	0:20
Lap 2	0.35	2:03	5:51	1	-	4	0:29	0.70	3:58	5:40	1	-	4	0:49
Lap 3	0.35	2:07	6:02	1	-	4	0:32	1.05	6:05	5:47	1	-	4	1:21
Lap 4	0.35	2:11	6:14	1	-	4	0:36	1.40	8:16	5:54	1	-	4	1:57
Lap 5	0.35	2:16	6:28	1	-	4	0:39	1.75	10:32	6:01	1	-	4	2:36
Lap 6	0.35	2:20	6:40	1	-	5	0:42	2.10	12:52	6:07	1	-	4	3:18
Lap 7	0.35	2:22	6:45	1	-	5	0:42	2.45	15:14	6:13	1	-	4	4:00
Lap 8	0.35	2:25	6:54	1	-	5	0:45	2.80	17:39	6:18	1	-	4	4:45
Lap 9	0.35	2:22	6:45	1	-	5	0:45	3.15	20:01	6:21	1	-	4	5:30
Lap 10	0.35	2:16	6:28	1	-	4	0:40	3.50	22:17	6:22	1	-	4	6:10
Lap 11	0.35	2:19	6:37	1	-	4	0:45	3.85	24:36	6:23	1	-	4	6:55
Lap 12	0.35	2:18	6:34	1	-	4	0:44	4.20	26:54	6:24	1	-	4	7:39
Lap 13	0.35	2:10	6:11	1	-	4	0:32	4.55	29:04	6:23	1	-	4	8:11