



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

Arnstadt / 31.01.2024

Detailed evaluation

Katja Röder

Club: Trailrunning-Crewe Thüringen

Number: 10

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Seniorinnen W40 (40-44) H

Total time: 28:53

Speed: 12.46 km/h

Running performance: 4:35 min/km

Laps: 18 (6.3 km)

Rank in course/Women: 1 (of 8)

Rank in category: 1(of 4)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Women	Cat.	Women	km	Time	min/km	Cat.	Women	Cat.	Women			
Lap 1	0.35	1:35	4:31	1	-	1	-	0.35	1:35	4:31	1	-	1	-			
Lap 2	0.35	1:34	4:28	1	-	1	-	0.70	3:09	4:30	1	-	1	-			
Lap 3	0.35	1:35	4:31	1	-	1	-	1.05	4:44	4:30	1	-	1	-			
Lap 4	0.35	1:35	4:31	1	-	1	-	1.40	6:19	4:30	1	-	1	-			
Lap 5	0.35	1:37	4:37	1	-	1	-	1.75	7:56	4:31	1	-	1	-			
Lap 6	0.35	1:38	4:40	1	-	1	-	2.10	9:34	4:33	1	-	1	-			
Lap 7	0.35	1:40	4:45	1	-	1	-	2.45	11:14	4:35	1	-	1	-			
Lap 8	0.35	1:40	4:45	1	-	1	-	2.80	12:54	4:36	1	-	1	-			
Lap 9	0.35	1:37	4:37	1	-	1	-	3.15	14:31	4:36	1	-	1	-			
Lap 10	0.35	1:36	4:34	1	-	1	-	3.50	16:07	4:36	1	-	1	-			
Lap 11	0.35	1:34	4:28	1	-	1	-	3.85	17:41	4:35	1	-	1	-			
Lap 12	0.35	1:34	4:28	1	-	1	-	4.20	19:15	4:35	1	-	1	-			
Lap 13	0.35	1:38	4:40	1	-	1	-	4.55	20:53	4:35	1	-	1	-			
Lap 14	0.35	1:37	4:37	1	-	1	-	4.90	22:30	4:35	1	-	1	-			
Lap 15	0.35	1:36	4:34	1	-	1	-	5.25	24:06	4:35	1	-	1	-			
Lap 16	0.35	1:39	4:42	1	-	1	-	5.60	25:45	4:35	1	-	1	-			
Lap 17	0.35	1:36	4:34	1	-	1	-	5.95	27:21	4:35	1	-	1	-			
Lap 18	0.35	1:32	4:22	1	-	1	-	6.30	28:53	4:35	1	-	1	-			