



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

Arnstadt / 31.01.2024

Detailed evaluation

Nicole Wysocki

Club: Laufladen Erfurt OCR Team

Number: 16

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Seniorinnen W40 (40-44) H

Total time: 29:34

Speed: 10.15 km/h

Running performance: 5:37 min/km

Laps: 15 (5.25 km)

Rank in course/Women: 2 (of 8)

Rank in category: 2(of 4)

Control	Intermediate times								Stage score				Total ranking			
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women		
Lap 1	0.35	1:55	5:28	3	0:20	3	0:20	0.35	1:55	5:28	3	0:20	3	0:20		
Lap 2	0.35	1:57	5:34	3	0:23	3	0:23	0.70	3:52	5:31	3	0:43	3	0:43		
Lap 3	0.35	2:00	5:42	3	0:25	3	0:25	1.05	5:52	5:35	3	1:08	3	1:08		
Lap 4	0.35	1:59	5:40	2	0:24	2	0:24	1.40	7:51	5:36	3	1:32	3	1:32		
Lap 5	0.35	1:58	5:37	2	0:21	2	0:21	1.75	9:49	5:36	3	1:53	3	1:53		
Lap 6	0.35	2:00	5:42	2	0:22	2	0:22	2.10	11:49	5:37	3	2:15	3	2:15		
Lap 7	0.35	2:00	5:42	2	0:20	2	0:20	2.45	13:49	5:38	3	2:35	3	2:35		
Lap 8	0.35	2:00	5:42	2	0:20	2	0:20	2.80	15:49	5:38	3	2:55	3	2:55		
Lap 9	0.35	2:00	5:42	2	0:23	2	0:23	3.15	17:49	5:39	2	3:18	2	3:18		
Lap 10	0.35	1:58	5:37	2	0:22	2	0:22	3.50	19:47	5:39	2	3:40	2	3:40		
Lap 11	0.35	1:57	5:34	2	0:23	2	0:23	3.85	21:44	5:38	2	4:03	2	4:03		
Lap 12	0.35	1:58	5:37	2	0:24	2	0:24	4.20	23:42	5:38	2	4:27	2	4:27		
Lap 13	0.35	1:58	5:37	2	0:20	2	0:20	4.55	25:40	5:38	2	4:47	2	4:47		
Lap 14	0.35	2:00	5:42	3	0:23	3	0:23	4.90	27:40	5:38	2	5:10	2	5:10		
Lap 15	0.35	1:54	5:25	2	0:18	2	0:18	5.25	29:34	5:37	2	5:28	2	5:28		