



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

Arnstadt / 31.01.2024

Detailed evaluation

Mandy Breyer

Club: Shaolinzentrum IIm-Kreis e.V.

Number: 4

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Seniorinnen W40 (40-44) H

Total time: 29:55

Speed: 10.53 km/h

Running performance: 5:41 min/km

Laps: 15 (5.25 km)

Rank in course/Women: 3 (of 8)

Rank in category: 3(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	1:54	5:25	2	0:19	2	0:19	0.35	1:54	5:25	2	0:19	2	0:19		
Lap 2	0.35	1:54	5:25	2	0:20	2	0:20	0.70	3:48	5:25	2	0:39	2	0:39		
Lap 3	0.35	1:57	5:34	2	0:22	2	0:22	1.05	5:45	5:28	2	1:01	2	1:01		
Lap 4	0.35	1:59	5:40	2	0:24	2	0:24	1.40	7:44	5:31	2	1:25	2	1:25		
Lap 5	0.35	2:01	5:45	3	0:24	3	0:24	1.75	9:45	5:34	2	1:49	2	1:49		
Lap 6	0.35	2:00	5:42	2	0:22	2	0:22	2.10	11:45	5:35	2	2:11	2	2:11		
Lap 7	0.35	2:02	5:48	3	0:22	3	0:22	2.45	13:47	5:37	2	2:33	2	2:33		
Lap 8	0.35	2:00	5:42	2	0:20	2	0:20	2.80	15:47	5:38	2	2:53	2	2:53		
Lap 9	0.35	2:02	5:48	3	0:25	3	0:25	3.15	17:49	5:39	2	3:18	2	3:18		
Lap 10	0.35	1:59	5:40	3	0:23	3	0:23	3.50	19:48	5:39	3	3:41	3	3:41		
Lap 11	0.35	2:03	5:51	3	0:29	3	0:29	3.85	21:51	5:40	3	4:10	3	4:10		
Lap 12	0.35	2:02	5:48	3	0:28	3	0:28	4.20	23:53	5:41	3	4:38	3	4:38		
Lap 13	0.35	2:02	5:48	3	0:24	3	0:24	4.55	25:55	5:41	3	5:02	3	5:02		
Lap 14	0.35	1:59	5:40	2	0:22	2	0:22	4.90	27:54	5:41	3	5:24	3	5:24		
Lap 15	0.35	2:01	5:45	3	0:25	3	0:25	5.25	29:55	5:41	3	5:49	3	5:49		