



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

Arnstadt / 31.01.2024

## Detailed evaluation

Meike Pedde

Total time: 28:47

Number: 19

Speed: 6.25 km/h

Course: 0.35 km/Lap

Running performance: 7:28 min/km

Halbstundenlauf

Laps: 11 (3.85 km)

Category:

Rank in course/Women: 6 (of 8)

Frauen (20-29 Jahre) H

Rank in category: 2(of 2)

Intermediate times				Stage score				Total ranking						
Control	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	2:14	6:22	2	0:19	7	0:39	0.35	2:14	6:22	2	0:19	7	0:39
Lap 2	0.35	2:16	6:28	2	0:13	6	0:42	0.70	4:30	6:25	2	0:32	7	1:21
Lap 3	0.35	2:26	6:57	2	0:19	7	0:51	1.05	6:56	6:36	2	0:51	7	2:12
Lap 4	0.35	2:36	7:25	2	0:25	6	1:01	1.40	9:32	6:48	2	1:16	7	3:13
Lap 5	0.35	2:41	7:40	2	0:25	6	1:04	1.75	12:13	6:58	2	1:41	7	4:17
Lap 6	0.35	2:40	7:37	2	0:20	6	1:02	2.10	14:53	7:05	2	2:01	6	5:19
Lap 7	0.35	2:42	7:42	2	0:20	6	1:02	2.45	17:35	7:10	2	2:21	6	6:21
Lap 8	0.35	2:44	7:48	2	0:19	6	1:04	2.80	20:19	7:15	2	2:40	6	7:25
Lap 9	0.35	2:51	8:08	2	0:29	7	1:14	3.15	23:10	7:21	2	3:09	6	8:39
Lap 10	0.35	2:50	8:05	2	0:34	6	1:14	3.50	26:00	7:25	2	3:43	6	9:53
Lap 11	0.35	2:47	7:57	2	0:28	7	1:13	3.85	28:47	7:28	2	4:11	6	11:06