



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

Arnstadt / 31.01.2024

## Detailed evaluation

**Susanne Henning**

Club: SG Einheit Arnstadt e.V

Number: 8

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Seniorinnen W40 (40-44) H

Total time: 28:44

Speed: 6.26 km/h

Running performance: 8:12 min/km

Laps: 10 (3.5 km)

Rank in course/Women: 8 (of 8)

Rank in category: 4(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	2:33	7:17	4	0:58	8	0:58	0.35	2:33	7:17	4	0:58	8	0:58		
Lap 2	0.35	2:46	7:54	4	1:12	8	1:12	0.70	5:19	7:35	4	2:10	8	2:10		
Lap 3	0.35	2:50	8:05	4	1:15	8	1:15	1.05	8:09	7:45	4	3:25	8	3:25		
Lap 4	0.35	2:51	8:08	4	1:16	8	1:16	1.40	11:00	7:51	4	4:41	8	4:41		
Lap 5	0.35	2:55	8:20	4	1:18	8	1:18	1.75	13:55	7:57	4	5:59	8	5:59		
Lap 6	0.35	3:03	8:42	4	1:25	8	1:25	2.10	16:58	8:04	4	7:24	8	7:24		
Lap 7	0.35	2:59	8:31	4	1:19	8	1:19	2.45	19:57	8:08	4	8:43	8	8:43		
Lap 8	0.35	3:01	8:37	4	1:21	8	1:21	2.80	22:58	8:12	4	10:04	8	10:04		
Lap 9	0.35	2:54	8:17	4	1:17	8	1:17	3.15	25:52	8:12	4	11:21	8	11:21		
Lap 10	0.35	2:52	8:11	4	1:16	7	1:16	3.50	28:44	8:12	4	12:37	8	12:37		