



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

Arnstadt / 31.01.2024

## Detailed evaluation

**Sabine Wenzel**

Club: Lauftreff Plaue

Number: 14

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Seniorinnen W55 (55-59) H

Total time: 29:39

Speed: 8.09 km/h

Running performance: 6:30 min/km

Laps: 13 (4.55 km)

Rank in course/Women: 5 (of 8)

Rank in category: 1(of 1)

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	2:00	5:42	1	-	5	0:25	0.35	2:00	5:42	1	-	5	0:25		
Lap 2	0.35	2:11	6:14	1	-	5	0:37	0.70	4:11	5:58	1	-	5	1:02		
Lap 3	0.35	2:20	6:40	1	-	5	0:45	1.05	6:31	6:12	1	-	5	1:47		
Lap 4	0.35	2:21	6:42	1	-	5	0:46	1.40	8:52	6:20	1	-	5	2:33		
Lap 5	0.35	2:19	6:37	1	-	5	0:42	1.75	11:11	6:23	1	-	5	3:15		
Lap 6	0.35	2:15	6:25	1	-	4	0:37	2.10	13:26	6:23	1	-	5	3:52		
Lap 7	0.35	2:18	6:34	1	-	4	0:38	2.45	15:44	6:25	1	-	5	4:30		
Lap 8	0.35	2:19	6:37	1	-	4	0:39	2.80	18:03	6:26	1	-	5	5:09		
Lap 9	0.35	2:17	6:31	1	-	4	0:40	3.15	20:20	6:27	1	-	5	5:49		
Lap 10	0.35	2:22	6:45	1	-	5	0:46	3.50	22:42	6:29	1	-	5	6:35		
Lap 11	0.35	2:22	6:45	1	-	5	0:48	3.85	25:04	6:30	1	-	5	7:23		
Lap 12	0.35	2:20	6:40	1	-	5	0:46	4.20	27:24	6:31	1	-	5	8:09		
Lap 13	0.35	2:15	6:25	1	-	5	0:37	4.55	29:39	6:30	1	-	5	8:46		