



# 1. SPORTident Winter-Stundenlaufserie mit Musik (2. Lauf)

Arnstadt / 21.02.2024

## Detailed evaluation

Thi Ngoc Anh Nguyen

Club: SPORTident

Number: 90

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Frauen (20-29 Jahre) H

Total time: 28:10

Speed: 6.39 km/h

Running performance: 8:02 min/km

Laps: 10 (3.5 km)

Rank in course/Women: 11 (of 14)

Rank in category: 1(of 1)

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	2:07	6:02	1	-	9	0:47	0.35	2:07	6:02	1	-	9	0:47
Lap 2	0.35	2:25	6:54	1	-	9	0:59	0.70	4:32	6:28	1	-	10	1:46
Lap 3	0.35	2:35	7:22	1	-	10	1:05	1.05	7:07	6:46	1	-	10	2:51
Lap 4	0.35	2:58	8:28	1	-	10	1:30	1.40	10:05	7:12	1	-	10	4:21
Lap 5	0.35	3:31	10:02	1	-	12	2:00	1.75	13:36	7:46	1	-	10	6:21
Lap 6	0.35	2:55	8:20	1	-	11	1:24	2.10	16:31	7:51	1	-	10	7:45
Lap 7	0.35	2:49	8:02	1	-	10	1:16	2.45	19:20	7:53	1	-	10	9:01
Lap 8	0.35	3:04	8:45	1	-	12	1:34	2.80	22:24	8:00	1	-	10	10:35
Lap 9	0.35	2:48	8:00	1	-	11	1:16	3.15	25:12	8:00	1	-	11	11:51
Lap 10	0.35	2:58	8:28	1	-	12	1:26	3.50	28:10	8:02	1	-	11	13:17