



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

Arnstadt / 21.02.2024

Detailed evaluation

Hong Nhung Vu

Club: SPORTident

Number: 89

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Seniorinnen W30 (30-34) H

Total time: 27:10

Speed: 4.42 km/h

Running performance: 11:05 min/km

Laps: 7 (2.45 km)

Rank in course/Women: 13 (of 14)

Rank in category: 1(of 1)

Intermediate times

Stage score

Total ranking

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	2:49	8:02	1	-	14	1:29	0.35	2:49	8:02	1	-	14	1:29
Lap 2	0.35	3:22	9:37	1	-	14	1:56	0.70	6:11	8:50	1	-	14	3:25
Lap 3	0.35	3:48	10:51	1	-	14	2:18	1.05	9:59	9:30	1	-	14	5:43
Lap 4	0.35	4:21	12:25	1	-	13	2:53	1.40	14:20	10:14	1	-	13	8:36
Lap 5	0.35	4:15	12:08	1	-	13	2:44	1.75	18:35	10:37	1	-	13	11:20
Lap 6	0.35	4:04	11:37	1	-	13	2:33	2.10	22:39	10:47	1	-	13	13:53
Lap 7	0.35	4:31	12:54	1	-	13	2:58	2.45	27:10	11:05	1	-	13	16:51