



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

Arnstadt / 21.02.2024

Detailed evaluation

Katja Röder

Total time: 28:55

Number: 18

Speed: 12.45 km/h

Course: 0.35 km/Lap

Running performance: 4:20 min/km

Halbstundenlauf

Laps: 19 (6.65 km)

Category:

Rank in course/Women: 1 (of 14)

Seniorinnen W40 (40-44) H

Rank in category: 1(of 4)

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	1:20	3:48	1	-	1	-	0.35	1:20	3:48	1	-	1	-
Lap 2	0.35	1:26	4:05	1	-	1	-	0.70	2:46	3:57	1	-	1	-
Lap 3	0.35	1:30	4:17	1	-	1	-	1.05	4:16	4:03	1	-	1	-
Lap 4	0.35	1:28	4:11	1	-	1	-	1.40	5:44	4:05	1	-	1	-
Lap 5	0.35	1:31	4:19	1	-	1	-	1.75	7:15	4:08	1	-	1	-
Lap 6	0.35	1:31	4:19	1	-	1	-	2.10	8:46	4:10	1	-	1	-
Lap 7	0.35	1:33	4:25	1	-	1	-	2.45	10:19	4:12	1	-	1	-
Lap 8	0.35	1:30	4:17	1	-	1	-	2.80	11:49	4:13	1	-	1	-
Lap 9	0.35	1:32	4:22	1	-	1	-	3.15	13:21	4:14	1	-	1	-
Lap 10	0.35	1:32	4:22	1	-	1	-	3.50	14:53	4:15	1	-	1	-
Lap 11	0.35	1:32	4:22	1	-	1	-	3.85	16:25	4:15	1	-	1	-
Lap 12	0.35	1:33	4:25	1	-	1	-	4.20	17:58	4:16	1	-	1	-
Lap 13	0.35	1:34	4:28	1	-	1	-	4.55	19:32	4:17	1	-	1	-
Lap 14	0.35	1:34	4:28	1	-	1	-	4.90	21:06	4:18	1	-	1	-
Lap 15	0.35	1:33	4:25	1	-	1	-	5.25	22:39	4:18	1	-	1	-
Lap 16	0.35	1:35	4:31	1	-	1	-	5.60	24:14	4:19	1	-	1	-
Lap 17	0.35	1:35	4:31	1	-	1	-	5.95	25:49	4:20	1	-	1	-
Lap 18	0.35	1:33	4:25	1	-	1	-	6.30	27:22	4:20	1	-	1	-
Lap 19	0.35	1:33	4:25	1	-	1	-	6.65	28:55	4:20	1	-	1	-