



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

Arnstadt / 21.02.2024

Detailed evaluation

Mandy Breyer

Club: Shaolinzentrum Ilmkreis e.V.

Number: 4

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Seniorinnen W40 (40-44) H

Total time: 29:19

Speed: 10.23 km/h

Running performance: 5:35 min/km

Laps: 15 (5.25 km)

Rank in course/Women: 3 (of 14)

Rank in category: 2(of 4)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km		Total Time		Total min/km		Pos		Behind	
				Cat.	Women	Cat.	Women	km	Time	min/km	Cat.	Women	Cat.	Women			
Lap 1	0.35	1:49	5:11	2	3	0:29	3	0:29	0.35	1:49	5:11	2	3	0:29	3	0:29	
Lap 2	0.35	1:50	5:14	2	3	0:24	3	0:24	0.70	3:39	5:12	2	3	0:53	3	0:53	
Lap 3	0.35	1:52	5:20	2	3	0:22	3	0:22	1.05	5:31	5:15	2	3	1:15	3	1:15	
Lap 4	0.35	1:52	5:20	2	3	0:24	3	0:24	1.40	7:23	5:16	2	3	1:39	3	1:39	
Lap 5	0.35	1:57	5:34	2	4	0:26	4	0:26	1.75	9:20	5:20	2	3	2:05	3	2:05	
Lap 6	0.35	2:03	5:51	3	5	0:32	5	0:32	2.10	11:23	5:25	3	4	2:37	4	2:37	
Lap 7	0.35	1:58	5:37	2	4	0:25	4	0:25	2.45	13:21	5:26	3	4	3:02	4	3:02	
Lap 8	0.35	1:59	5:40	3	4	0:29	4	0:29	2.80	15:20	5:28	3	4	3:31	4	3:31	
Lap 9	0.35	2:00	5:42	2	3	0:28	3	0:28	3.15	17:20	5:30	3	4	3:59	4	3:59	
Lap 10	0.35	2:03	5:51	3	5	0:31	5	0:31	3.50	19:23	5:32	3	4	4:30	4	4:30	
Lap 11	0.35	2:03	5:51	3	4	0:31	4	0:31	3.85	21:26	5:34	3	4	5:01	4	5:01	
Lap 12	0.35	2:00	5:42	2	3	0:27	3	0:27	4.20	23:26	5:34	3	4	5:28	4	5:28	
Lap 13	0.35	1:58	5:37	2	3	0:24	3	0:24	4.55	25:24	5:34	3	4	5:52	4	5:52	
Lap 14	0.35	2:00	5:42	2	4	0:26	4	0:26	4.90	27:24	5:35	3	4	6:18	4	6:18	
Lap 15	0.35	1:55	5:28	2	3	0:22	3	0:22	5.25	29:19	5:35	2	3	6:40	3	6:40	