



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

Arnstadt / 21.02.2024

Detailed evaluation

Nicole Wysocki

Club: Laufladen Erfurt OCR Team

Number: 26

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: 4 (of 14)

Rank in category: 2(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	1:50	5:14	3	0:30	4	0:30	0.35	1:50	5:14	3	0:30	4	0:30
Lap 2	0.35	1:51	5:17	3	0:25	5	0:25	0.70	3:41	5:15	3	0:55	4	0:55
Lap 3	0.35	1:52	5:20	2	0:22	3	0:22	1.05	5:33	5:17	3	1:17	4	1:17
Lap 4	0.35	1:52	5:20	2	0:24	3	0:24	1.40	7:25	5:17	3	1:41	4	1:41
Lap 5	0.35	1:57	5:34	2	0:26	4	0:26	1.75	9:22	5:21	3	2:07	4	2:07
Lap 6	0.35	1:59	5:40	2	0:28	3	0:28	2.10	11:21	5:24	2	2:35	3	2:35
Lap 7	0.35	1:58	5:37	2	0:25	4	0:25	2.45	13:19	5:26	2	3:00	3	3:00
Lap 8	0.35	1:58	5:37	2	0:28	3	0:28	2.80	15:17	5:27	2	3:28	3	3:28
Lap 9	0.35	2:00	5:42	2	0:28	3	0:28	3.15	17:17	5:29	2	3:56	3	3:56
Lap 10	0.35	2:00	5:42	2	0:28	3	0:28	3.50	19:17	5:30	2	4:24	3	4:24
Lap 11	0.35	2:00	5:42	2	0:28	3	0:28	3.85	21:17	5:31	2	4:52	3	4:52
Lap 12	0.35	2:01	5:45	3	0:28	4	0:28	4.20	23:18	5:32	2	5:20	3	5:20
Lap 13	0.35	2:01	5:45	3	0:27	4	0:27	4.55	25:19	5:33	2	5:47	3	5:47
Lap 14	0.35	2:01	5:45	3	0:27	5	0:27	4.90	27:20	5:34	2	6:14	3	6:14
Lap 15	0.35	1:59	5:40	3	0:26	5	0:26	5.25	29:19	5:35	2	6:40	3	6:40