



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

Arnstadt / 21.02.2024

Detailed evaluation

Susanne Henning

Club: SG Einheit Arnstadt e.V.

Number: 10

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Seniorinnen W40 (40-44) H

Total time: 29:56

Speed: 2.00 km/h

Running performance: 21:22 min/km

Laps: 4 (1.4 km)

Rank in course/Women: 14 (of 14)

Rank in category: 4(of 4)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	Total km	Total Time			Total min/km	Pos Women	Behind Women
Lap 1	0.35	2:28	7:02	4	1:08	11	1:08	0.35	2:28	7:02	4	1:08	11	1:08
Lap 2	0.35	2:57	8:25	4	1:31	12	1:31	0.70	5:25	7:44	4	2:39	11	2:39
Lap 3	0.35	2:57	8:25	4	1:27	11	1:27	1.05	8:22	7:58	4	4:06	11	4:06
Lap 4	0.35	21:34	61:37	4	20:06	14	20:06	1.40	29:56	21:22	4	24:12	14	24:12