



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

Arnstadt / 21.02.2024

Detailed evaluation

Nicole Beyer

Club: SV Ictershausen

Number: 3

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Seniorinnen W45 (45-49) H

Total time: 29:35

Speed: 10.14 km/h

Running performance: 4:58 min/km

Laps: 17 (5.95 km)

Rank in course/Women: 2 (of 14)

Rank in category: 1(of 2)

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.		Women	Women	km	Time	min/km	Cat.		Women	Women
Lap 1	0.35	1:39	4:42	1	-	2	0:19	0.35	1:39	4:42	1	-	2	0:19
Lap 2	0.35	1:40	4:45	1	-	2	0:14	0.70	3:19	4:44	1	-	2	0:33
Lap 3	0.35	1:41	4:48	1	-	2	0:11	1.05	5:00	4:45	1	-	2	0:44
Lap 4	0.35	1:41	4:48	1	-	2	0:13	1.40	6:41	4:46	1	-	2	0:57
Lap 5	0.35	1:44	4:57	1	-	2	0:13	1.75	8:25	4:48	1	-	2	1:10
Lap 6	0.35	1:42	4:51	1	-	2	0:11	2.10	10:07	4:49	1	-	2	1:21
Lap 7	0.35	1:45	5:00	1	-	2	0:12	2.45	11:52	4:50	1	-	2	1:33
Lap 8	0.35	1:45	5:00	1	-	2	0:15	2.80	13:37	4:51	1	-	2	1:48
Lap 9	0.35	1:44	4:57	1	-	2	0:12	3.15	15:21	4:52	1	-	2	2:00
Lap 10	0.35	1:47	5:05	1	-	2	0:15	3.50	17:08	4:53	1	-	2	2:15
Lap 11	0.35	1:45	5:00	1	-	2	0:13	3.85	18:53	4:54	1	-	2	2:28
Lap 12	0.35	1:47	5:05	1	-	2	0:14	4.20	20:40	4:55	1	-	2	2:42
Lap 13	0.35	1:46	5:02	1	-	2	0:12	4.55	22:26	4:55	1	-	2	2:54
Lap 14	0.35	1:47	5:05	1	-	2	0:13	4.90	24:13	4:56	1	-	2	3:07
Lap 15	0.35	1:47	5:05	1	-	2	0:14	5.25	26:00	4:57	1	-	2	3:21
Lap 16	0.35	1:48	5:08	1	-	2	0:13	5.60	27:48	4:57	1	-	2	3:34
Lap 17	0.35	1:47	5:05	1	-	2	0:12	5.95	29:35	4:58	1	-	2	3:46