



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

Arnstadt / 21.02.2024

Detailed evaluation

Thi Hong Hoa Nguyen

Club: SPORTident

Number: 92

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Seniorinnen W45 (45-49) H

Total time: 29:48

Speed: 6.04 km/h

Running performance: 8:30 min/km

Laps: 10 (3.5 km)

Rank in course/Women: 12 (of 14)

Rank in category: 2(of 2)

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	2:36	7:25	2	0:57	13	1:16	0.35	2:36	7:25	2	0:57	13	1:16
Lap 2	0.35	2:53	8:14	2	1:13	11	1:27	0.70	5:29	7:50	2	2:10	13	2:43
Lap 3	0.35	3:00	8:34	2	1:19	13	1:30	1.05	8:29	8:04	2	3:29	13	4:13
Lap 4	0.35	3:05	8:48	2	1:24	11	1:37	1.40	11:34	8:15	2	4:53	11	5:50
Lap 5	0.35	3:06	8:51	2	1:22	11	1:35	1.75	14:40	8:22	2	6:15	11	7:25
Lap 6	0.35	3:21	9:34	2	1:39	12	1:50	2.10	18:01	8:34	2	7:54	12	9:15
Lap 7	0.35	3:03	8:42	2	1:18	11	1:30	2.45	21:04	8:35	2	9:12	12	10:45
Lap 8	0.35	2:58	8:28	2	1:13	11	1:28	2.80	24:02	8:35	2	10:25	12	12:13
Lap 9	0.35	3:03	8:42	2	1:19	12	1:31	3.15	27:05	8:35	2	11:44	12	13:44
Lap 10	0.35	2:43	7:45	2	0:56	11	1:11	3.50	29:48	8:30	2	12:40	12	14:55