



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

Arnstadt / 21.02.2024

Detailed evaluation

Sabine Wenzel

Club: Lauftreff Plaue

Number: 24

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Seniorinnen W55 (55-59) H

Total time: 28:28

Speed: 8.43 km/h

Running performance: 6:15 min/km

Laps: 13 (4.55 km)

Rank in course/Women: 8 (of 14)

Rank in category: 1(of 1)

Control	Intermediate times								Stage score				Total ranking			
	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	2:06	6:00	1	-	8	0:46	0.35	2:06	6:00	1	-	8	0:46		
Lap 2	0.35	2:04	5:54	1	-	8	0:38	0.70	4:10	5:57	1	-	8	1:24		
Lap 3	0.35	2:10	6:11	1	-	8	0:40	1.05	6:20	6:01	1	-	8	2:04		
Lap 4	0.35	2:12	6:17	1	-	8	0:44	1.40	8:32	6:05	1	-	8	2:48		
Lap 5	0.35	2:11	6:14	1	-	8	0:40	1.75	10:43	6:07	1	-	8	3:28		
Lap 6	0.35	2:11	6:14	1	-	8	0:40	2.10	12:54	6:08	1	-	8	4:08		
Lap 7	0.35	2:11	6:14	1	-	8	0:38	2.45	15:05	6:09	1	-	8	4:46		
Lap 8	0.35	2:14	6:22	1	-	8	0:44	2.80	17:19	6:11	1	-	8	5:30		
Lap 9	0.35	2:11	6:14	1	-	7	0:39	3.15	19:30	6:11	1	-	8	6:09		
Lap 10	0.35	2:15	6:25	1	-	7	0:43	3.50	21:45	6:12	1	-	8	6:52		
Lap 11	0.35	2:14	6:22	1	-	7	0:42	3.85	23:59	6:13	1	-	8	7:34		
Lap 12	0.35	2:12	6:17	1	-	8	0:39	4.20	26:11	6:14	1	-	8	8:13		
Lap 13	0.35	2:17	6:31	1	-	8	0:43	4.55	28:28	6:15	1	-	8	8:56		