



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

Arnstadt / 21.02.2024

Detailed evaluation

Vanessa Groll

Total time: 29:56

Number: 8

Speed: 10.02 km/h

Course: 0.35 km/Lap

Running performance: 5:42 min/km

Halbstundenlauf

Laps: 15 (5.25 km)

Category:

Rank in course/Women: 5 (of 14)

weibliche Jugend U20 (18/19) H

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	1:54	5:25	1	-	5	0:34	0.35	1:54	5:25	1	-	5	0:34
Lap 2	0.35	1:50	5:14	1	-	3	0:24	0.70	3:44	5:20	1	-	5	0:58
Lap 3	0.35	1:52	5:20	1	-	3	0:22	1.05	5:36	5:20	1	-	5	1:20
Lap 4	0.35	1:55	5:28	1	-	6	0:27	1.40	7:31	5:22	1	-	5	1:47
Lap 5	0.35	1:58	5:37	1	-	6	0:27	1.75	9:29	5:25	1	-	5	2:14
Lap 6	0.35	2:00	5:42	1	-	4	0:29	2.10	11:29	5:28	1	-	5	2:43
Lap 7	0.35	2:04	5:54	1	-	6	0:31	2.45	13:33	5:31	1	-	5	3:14
Lap 8	0.35	2:03	5:51	1	-	6	0:33	2.80	15:36	5:34	1	-	5	3:47
Lap 9	0.35	2:07	6:02	1	-	6	0:35	3.15	17:43	5:37	1	-	5	4:22
Lap 10	0.35	2:02	5:48	1	-	4	0:30	3.50	19:45	5:38	1	-	5	4:52
Lap 11	0.35	2:03	5:51	1	-	4	0:31	3.85	21:48	5:39	1	-	5	5:23
Lap 12	0.35	2:03	5:51	1	-	5	0:30	4.20	23:51	5:40	1	-	5	5:53
Lap 13	0.35	2:04	5:54	1	-	5	0:30	4.55	25:55	5:41	1	-	5	6:23
Lap 14	0.35	2:03	5:51	1	-	6	0:29	4.90	27:58	5:42	1	-	5	6:52
Lap 15	0.35	1:58	5:37	1	-	4	0:25	5.25	29:56	5:42	1	-	5	7:17