



1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

Detailed evaluation

Luise Rasch

Number: 82

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Frauen (20-29 Jahre) H

Total time: 29:25

Speed: 8.16 km/h

Running performance: 6:00 min/km

Laps: 14 (4.9 km)

Rank in course/Women: 6 (of 13)

Rank in category: 1(of 3)

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	0.35	2:04	5:54	2	0:03	8	0:40	0.35	2:04	5:54	2	0:03	8	0:40
Lap 2	0.35	2:01	5:45	2	0:01	7	0:37	0.70	4:05	5:49	2	0:04	8	1:17
Lap 3	0.35	2:01	5:45	1	-	6	0:36	1.05	6:06	5:48	2	0:02	8	1:53
Lap 4	0.35	2:03	5:51	1	-	6	0:34	1.40	8:09	5:49	1	-	6	2:27
Lap 5	0.35	2:05	5:57	1	-	6	0:34	1.75	10:14	5:50	1	-	6	3:01
Lap 6	0.35	2:07	6:02	1	-	6	0:35	2.10	12:21	5:52	1	-	6	3:36
Lap 7	0.35	2:10	6:11	1	-	6	0:38	2.45	14:31	5:55	1	-	6	4:14
Lap 8	0.35	2:09	6:08	1	-	6	0:37	2.80	16:40	5:57	1	-	6	4:51
Lap 9	0.35	2:12	6:17	1	-	6	0:40	3.15	18:52	5:59	1	-	6	5:31
Lap 10	0.35	2:09	6:08	1	-	6	0:36	3.50	21:01	6:00	1	-	6	6:07
Lap 11	0.35	2:10	6:11	1	-	6	0:35	3.85	23:11	6:01	1	-	6	6:42
Lap 12	0.35	2:11	6:14	1	-	6	0:50	4.20	25:22	6:02	1	-	6	7:21
Lap 13	0.35	2:01	5:45	2	0:06	6	0:35	4.55	27:23	6:01	1	-	6	7:51
Lap 14	0.35	2:02	5:48	2	0:15	7	0:33	4.90	29:25	6:00	1	-	6	8:19