



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

Arnstadt / 20.03.2024

Detailed evaluation

Selina Thiem

Club: SV Pöllwitz

Number: 81

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Frauen (20-29 Jahre) H

Total time: 29:37

Speed: 8.10 km/h

Running performance: 6:02 min/km

Laps: 14 (4.9 km)

Rank in course/Women: 7 (of 13)

Rank in category: 2(of 3)

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	2:01	5:45	1	-	7	0:37	0.35	2:01	5:45	1	-	7	0:37	
Lap 2	0.35	2:00	5:42	1	-	6	0:36	0.70	4:01	5:44	1	-	6	1:13	
Lap 3	0.35	2:03	5:51	2	0:02	7	0:38	1.05	6:04	5:46	1	-	6	1:51	
Lap 4	0.35	2:07	6:02	2	0:04	8	0:38	1.40	8:11	5:50	2	0:02	7	2:29	
Lap 5	0.35	2:09	6:08	2	0:04	8	0:38	1.75	10:20	5:54	2	0:06	8	3:07	
Lap 6	0.35	2:11	6:14	2	0:04	7	0:39	2.10	12:31	5:57	2	0:10	8	3:46	
Lap 7	0.35	2:13	6:20	2	0:03	7	0:41	2.45	14:44	6:00	2	0:13	8	4:27	
Lap 8	0.35	2:13	6:20	2	0:04	8	0:41	2.80	16:57	6:03	2	0:17	8	5:08	
Lap 9	0.35	2:14	6:22	2	0:02	8	0:42	3.15	19:11	6:05	2	0:19	8	5:50	
Lap 10	0.35	2:16	6:28	2	0:07	9	0:43	3.50	21:27	6:07	2	0:26	8	6:33	
Lap 11	0.35	2:17	6:31	2	0:07	9	0:42	3.85	23:44	6:09	2	0:33	8	7:15	
Lap 12	0.35	2:11	6:14	1	-	6	0:50	4.20	25:55	6:10	2	0:33	8	7:54	
Lap 13	0.35	1:55	5:28	1	-	5	0:29	4.55	27:50	6:07	2	0:27	7	8:18	
Lap 14	0.35	1:47	5:05	1	-	5	0:18	4.90	29:37	6:02	2	0:12	7	8:31	