



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

Arnstadt / 20.03.2024

Detailed evaluation

Pia Kortum

Club: SV 90 Gräfenroda

Number: 79

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Seniorinnen W30 (30-34) H

Total time: 29:50

Speed: 12.07 km/h

Running performance: 4:29 min/km

Laps: 19 (6.65 km)

Rank in course/Women: 2 (of 13)

Rank in category: 1(of 1)

Intermediate times				Stage score				Total ranking						
Control	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	1:33	4:25	1	-	2	0:09	0.35	1:33	4:25	1	-	2	0:09
Lap 2	0.35	1:32	4:22	1	-	2	0:08	0.70	3:05	4:24	1	-	2	0:17
Lap 3	0.35	1:38	4:40	1	-	2	0:13	1.05	4:43	4:29	1	-	2	0:30
Lap 4	0.35	1:38	4:40	1	-	2	0:09	1.40	6:21	4:32	1	-	2	0:39
Lap 5	0.35	1:39	4:42	1	-	2	0:08	1.75	8:00	4:34	1	-	2	0:47
Lap 6	0.35	1:38	4:40	1	-	2	0:06	2.10	9:38	4:35	1	-	2	0:53
Lap 7	0.35	1:37	4:37	1	-	2	0:05	2.45	11:15	4:35	1	-	2	0:58
Lap 8	0.35	1:38	4:40	1	-	2	0:06	2.80	12:53	4:36	1	-	2	1:04
Lap 9	0.35	1:44	4:57	1	-	3	0:12	3.15	14:37	4:38	1	-	2	1:16
Lap 10	0.35	1:47	5:05	1	-	3	0:14	3.50	16:24	4:41	1	-	2	1:30
Lap 11	0.35	1:35	4:31	1	-	1	-	3.85	17:59	4:40	1	-	2	1:30
Lap 12	0.35	1:21	3:51	1	-	1	-	4.20	19:20	4:36	1	-	2	1:19
Lap 13	0.35	1:26	4:05	1	-	1	-	4.55	20:46	4:33	1	-	2	1:14
Lap 14	0.35	1:29	4:14	1	-	1	-	4.90	22:15	4:32	1	-	2	1:09
Lap 15	0.35	1:30	4:17	1	-	1	-	5.25	23:45	4:31	1	-	2	1:04
Lap 16	0.35	1:31	4:19	1	-	1	-	5.60	25:16	4:30	1	-	2	0:59
Lap 17	0.35	1:31	4:19	1	-	1	-	5.95	26:47	4:30	1	-	2	0:56
Lap 18	0.35	1:32	4:22	1	-	1	-	6.30	28:19	4:29	1	-	2	0:53
Lap 19	0.35	1:31	4:19	1	-	1	-	6.65	29:50	4:29	1	-	2	0:50