



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

Arnstadt / 20.03.2024

Detailed evaluation

Katja Röder

Club: Trailrunning-Crewe Thüringen

Number: 83

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Seniorinnen W40 (40-44) H

Total time: 29:00

Speed: 12.41 km/h

Running performance: 4:21 min/km

Laps: 19 (6.65 km)

Rank in course/Women: 1 (of 13)

Rank in category: 1(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	1:24	4:00	1	-	1	-	0.35	1:24	4:00	1	-	1	-	
Lap 2	0.35	1:24	4:00	1	-	1	-	0.70	2:48	4:00	1	-	1	-	
Lap 3	0.35	1:25	4:02	1	-	1	-	1.05	4:13	4:00	1	-	1	-	
Lap 4	0.35	1:29	4:14	1	-	1	-	1.40	5:42	4:04	1	-	1	-	
Lap 5	0.35	1:31	4:19	1	-	1	-	1.75	7:13	4:07	1	-	1	-	
Lap 6	0.35	1:32	4:22	1	-	1	-	2.10	8:45	4:10	1	-	1	-	
Lap 7	0.35	1:32	4:22	1	-	1	-	2.45	10:17	4:11	1	-	1	-	
Lap 8	0.35	1:32	4:22	1	-	1	-	2.80	11:49	4:13	1	-	1	-	
Lap 9	0.35	1:32	4:22	1	-	1	-	3.15	13:21	4:14	1	-	1	-	
Lap 10	0.35	1:33	4:25	1	-	1	-	3.50	14:54	4:15	1	-	1	-	
Lap 11	0.35	1:35	4:31	1	-	1	-	3.85	16:29	4:16	1	-	1	-	
Lap 12	0.35	1:32	4:22	1	-	2	0:11	4.20	18:01	4:17	1	-	1	-	
Lap 13	0.35	1:31	4:19	1	-	2	0:05	4.55	19:32	4:17	1	-	1	-	
Lap 14	0.35	1:34	4:28	1	-	2	0:05	4.90	21:06	4:18	1	-	1	-	
Lap 15	0.35	1:35	4:31	1	-	2	0:05	5.25	22:41	4:19	1	-	1	-	
Lap 16	0.35	1:36	4:34	1	-	2	0:05	5.60	24:17	4:20	1	-	1	-	
Lap 17	0.35	1:34	4:28	1	-	2	0:03	5.95	25:51	4:20	1	-	1	-	
Lap 18	0.35	1:35	4:31	1	-	2	0:03	6.30	27:26	4:21	1	-	1	-	
Lap 19	0.35	1:34	4:28	1	-	2	0:03	6.65	29:00	4:21	1	-	1	-	