



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

Arnstadt / 20.03.2024

Detailed evaluation

Thi Ngoc Anh Nguyen

Club: SPORTident

Number: 16

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Frauen (20-29 Jahre) H

Total time: 29:41

Speed: 6.06 km/h

Running performance: 7:42 min/km

Laps: 11 (3.85 km)

Rank in course/Women: 12 (of 13)

Rank in category: 3(of 3)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	0.35	2:17	6:31	3	0:16	11	0:53	0.35	2:17	6:31	3	0:16	11	0:53	
Lap 2	0.35	2:23	6:48	3	0:23	12	0:59	0.70	4:40	6:40	3	0:39	12	1:52	
Lap 3	0.35	2:27	7:00	3	0:26	11	1:02	1.05	7:07	6:46	3	1:03	11	2:54	
Lap 4	0.35	2:41	7:40	3	0:38	11	1:12	1.40	9:48	7:00	3	1:39	11	4:06	
Lap 5	0.35	2:47	7:57	3	0:42	11	1:16	1.75	12:35	7:11	3	2:21	11	5:22	
Lap 6	0.35	3:12	9:08	3	1:05	13	1:40	2.10	15:47	7:30	3	3:26	11	7:02	
Lap 7	0.35	2:53	8:14	3	0:43	12	1:21	2.45	18:40	7:37	3	4:09	11	8:23	
Lap 8	0.35	2:49	8:02	3	0:40	11	1:17	2.80	21:29	7:40	3	4:49	11	9:40	
Lap 9	0.35	3:05	8:48	3	0:53	13	1:33	3.15	24:34	7:47	3	5:42	12	11:13	
Lap 10	0.35	2:40	7:37	3	0:31	12	1:07	3.50	27:14	7:46	3	6:13	12	12:20	
Lap 11	0.35	2:27	7:00	3	0:17	11	0:52	3.85	29:41	7:42	3	6:30	12	13:12	