



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

Arnstadt / 20.03.2024

Detailed evaluation

Hoa Nguyen

Club: SPORTident GmbH

Number: 15

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Seniorinnen W45 (45-49) H

Total time: 28:31

Speed: 7.36 km/h

Running performance: 8:08 min/km

Laps: 10 (3.5 km)

Rank in course/Women: 13 (of 13)

Rank in category: 2(of 2)

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	2:32	7:14	2	0:51	13	1:08	0.35	2:32	7:14	2	0:51	13	1:08	
Lap 2	0.35	2:45	7:51	2	1:06	13	1:21	0.70	5:17	7:32	2	1:57	13	2:29	
Lap 3	0.35	2:42	7:42	2	1:01	12	1:17	1.05	7:59	7:36	2	2:58	13	3:46	
Lap 4	0.35	2:46	7:54	2	1:05	12	1:17	1.40	10:45	7:40	2	4:03	13	5:03	
Lap 5	0.35	2:50	8:05	2	1:09	12	1:19	1.75	13:35	7:45	2	5:12	13	6:22	
Lap 6	0.35	2:58	8:28	2	1:15	12	1:26	2.10	16:33	7:52	2	6:27	13	7:48	
Lap 7	0.35	2:56	8:22	2	1:14	13	1:24	2.45	19:29	7:57	2	7:41	13	9:12	
Lap 8	0.35	2:58	8:28	2	1:16	13	1:26	2.80	22:27	8:01	2	8:57	13	10:38	
Lap 9	0.35	3:02	8:39	2	1:20	11	1:30	3.15	25:29	8:05	2	10:17	13	12:08	
Lap 10	0.35	3:02	8:39	2	1:19	13	1:29	3.50	28:31	8:08	2	11:36	13	13:37	