



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

Arnstadt / 20.03.2024

Detailed evaluation

Sabine Wenzel

Club: Laufftreff Plaue

Number: 28

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Seniorinnen W55 (55-59) H

Total time: 28:58

Speed: 8.29 km/h

Running performance: 6:21 min/km

Laps: 13 (4.55 km)

Rank in course/Women: 9 (of 13)

Rank in category: 1(of 1)

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	2:04	5:54	1	-	8	0:40	0.35	2:04	5:54	1	-	8	0:40	
Lap 2	0.35	2:10	6:11	1	-	9	0:46	0.70	4:14	6:02	1	-	9	1:26	
Lap 3	0.35	2:11	6:14	1	-	9	0:46	1.05	6:25	6:06	1	-	9	2:12	
Lap 4	0.35	2:11	6:14	1	-	9	0:42	1.40	8:36	6:08	1	-	9	2:54	
Lap 5	0.35	2:11	6:14	1	-	9	0:40	1.75	10:47	6:09	1	-	9	3:34	
Lap 6	0.35	2:14	6:22	1	-	9	0:42	2.10	13:01	6:11	1	-	9	4:16	
Lap 7	0.35	2:14	6:22	1	-	9	0:42	2.45	15:15	6:13	1	-	9	4:58	
Lap 8	0.35	2:15	6:25	1	-	9	0:43	2.80	17:30	6:15	1	-	9	5:41	
Lap 9	0.35	2:16	6:28	1	-	9	0:44	3.15	19:46	6:16	1	-	9	6:25	
Lap 10	0.35	2:15	6:25	1	-	8	0:42	3.50	22:01	6:17	1	-	9	7:07	
Lap 11	0.35	2:15	6:25	1	-	8	0:40	3.85	24:16	6:18	1	-	9	7:47	
Lap 12	0.35	2:14	6:22	1	-	8	0:53	4.20	26:30	6:18	1	-	9	8:29	
Lap 13	0.35	2:28	7:02	1	-	9	1:02	4.55	28:58	6:21	1	-	9	9:26	