



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

Arnstadt / 15.01.2025

Detailed evaluation

Nina Baus

Total time: 58:00

Number: 101

Speed: 9.31 km/h

Course: 0.49 km/Lap

Running performance: 6:13 min/km

Stundenlauf

Laps: 19 (9.31 km)

Category:

Rank in course/Women: 14 (of 19)

Seniorinnen W40 (40-44)

Rank in category: 6(of 6)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km		Total Time		Total min/km		Pos		Behind	
				Cat.	Women	Cat.	Women	Total km	Total Time	Total min/km	Cat.	Women	Cat.	Women			
Lap 1	0.49	2:47	5:40	5	13	5	13	0.49	2:47	5:40	5	13	5	13	5	13	
Lap 2	0.49	2:57	6:01	6	14	6	14	0.98	5:44	5:51	5	13	5	13	5	13	
Lap 3	0.49	2:54	5:55	6	14	6	14	1.47	8:38	5:52	6	14	6	14	6	14	
Lap 4	0.49	3:00	6:07	6	14	6	14	1.96	11:38	5:56	6	14	6	14	6	14	
Lap 5	0.49	2:57	6:01	6	14	6	14	2.45	14:35	5:57	6	14	6	14	6	14	
Lap 6	0.49	2:58	6:03	6	14	6	14	2.94	17:33	5:58	6	14	6	14	6	14	
Lap 7	0.49	3:01	6:09	6	14	6	14	3.43	20:34	5:59	6	14	6	14	6	14	
Lap 8	0.49	2:59	6:05	6	14	6	14	3.92	23:33	6:00	6	14	6	14	6	14	
Lap 9	0.49	3:01	6:09	6	14	6	14	4.41	26:34	6:01	6	14	6	14	6	14	
Lap 10	0.49	2:58	6:03	6	14	6	14	4.90	29:32	6:01	6	14	6	14	6	14	
Lap 11	0.49	3:07	6:21	6	14	6	14	5.39	32:39	6:03	6	14	6	14	6	14	
Lap 12	0.49	3:10	6:27	6	14	6	14	5.88	35:49	6:05	6	14	6	14	6	14	
Lap 13	0.49	3:10	6:27	6	14	6	14	6.37	38:59	6:07	6	14	6	14	6	14	
Lap 14	0.49	3:07	6:21	6	14	6	14	6.86	42:06	6:08	6	14	6	14	6	14	
Lap 15	0.49	3:07	6:21	6	14	6	14	7.35	45:13	6:09	6	14	6	14	6	14	
Lap 16	0.49	3:10	6:27	6	14	6	14	7.84	48:23	6:10	6	14	6	14	6	14	
Lap 17	0.49	3:07	6:21	6	14	6	14	8.33	51:30	6:10	6	14	6	14	6	14	
Lap 18	0.49	3:14	6:35	6	14	6	14	8.82	54:44	6:12	6	14	6	14	6	14	
Lap 19	0.49	3:16	6:40	6	14	6	14	9.31	58:00	6:13	6	14	6	14	6	14	