



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

Arnstadt / 15.01.2025

Detailed evaluation

Corinna Schwaiger

Number: 143

Course: 0.49 km/Lap
Stundenlauf

Category:

Seniorinnen W55 (55-59)

Total time: 59:43

Speed: 8.04 km/h

Running performance: 7:10 min/km

Laps: 17 (8.33 km)

Rank in course/Women: 17 (of 19)

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	0.49	3:23	6:54	1	-	18	1:17	0.49	3:23	6:54	1	-	18	1:17
Lap 2	0.49	3:31	7:10	1	-	18	1:28	0.98	6:54	7:02	1	-	18	2:45
Lap 3	0.49	3:29	7:06	1	-	18	1:26	1.47	10:23	7:03	1	-	18	4:11
Lap 4	0.49	3:32	7:12	1	-	18	1:31	1.96	13:55	7:06	1	-	18	5:42
Lap 5	0.49	3:21	6:50	1	-	17	1:17	2.45	17:16	7:02	1	-	18	6:59
Lap 6	0.49	3:27	7:02	1	-	17	1:23	2.94	20:43	7:02	1	-	18	8:22
Lap 7	0.49	3:29	7:06	1	-	17	1:25	3.43	24:12	7:03	1	-	18	9:47
Lap 8	0.49	3:29	7:06	1	-	17	1:26	3.92	27:41	7:03	1	-	18	11:13
Lap 9	0.49	3:28	7:04	1	-	17	1:26	4.41	31:09	7:03	1	-	17	12:39
Lap 10	0.49	3:31	7:10	1	-	17	1:27	4.90	34:40	7:04	1	-	17	14:06
Lap 11	0.49	3:30	7:08	1	-	16	1:27	5.39	38:10	7:04	1	-	17	15:33
Lap 12	0.49	3:30	7:08	1	-	16	1:26	5.88	41:40	7:05	1	-	17	16:59
Lap 13	0.49	3:31	7:10	1	-	17	1:27	6.37	45:11	7:05	1	-	17	18:26
Lap 14	0.49	3:31	7:10	1	-	17	1:28	6.86	48:42	7:05	1	-	17	19:54
Lap 15	0.49	3:29	7:06	1	-	17	1:25	7.35	52:11	7:05	1	-	17	21:19
Lap 16	0.49	3:30	7:08	1	-	17	1:26	7.84	55:41	7:06	1	-	17	22:45
Lap 17	0.49	4:02	8:13	1	-	17	2:00	8.33	59:43	7:10	1	-	17	24:45