



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

Arnstadt / 15.01.2025

Detailed evaluation

Anja Gottschalk

Club: Familie Lio

Number: 10

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Seniorinnen W30 (30-34) H

Total time: 29:08

Speed: 8.24 km/h

Running performance: 5:56 min/km

Laps: 10 (4.9 km)

Rank in course/Women: 12 (of 30)

Rank in category: 1(of 1)

Intermediate times				Stage score				Total ranking						
Control	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	2:47	5:40	1	-	11	0:57	0.49	2:47	5:40	1	-	11	0:57
Lap 2	0.49	2:56	5:59	1	-	13	0:55	0.98	5:43	5:50	1	-	11	1:52
Lap 3	0.49	2:58	6:03	1	-	13	0:54	1.47	8:41	5:54	1	-	12	2:43
Lap 4	0.49	2:55	5:57	1	-	10	0:52	1.96	11:36	5:55	1	-	12	3:31
Lap 5	0.49	2:56	5:59	1	-	10	1:02	2.45	14:32	5:55	1	-	12	4:21
Lap 6	0.49	2:56	5:59	1	-	10	0:57	2.94	17:28	5:56	1	-	10	5:11
Lap 7	0.49	2:59	6:05	1	-	11	0:54	3.43	20:27	5:57	1	-	10	6:05
Lap 8	0.49	2:57	6:01	1	-	11	0:53	3.92	23:24	5:58	1	-	10	6:58
Lap 9	0.49	2:56	5:59	1	-	12	0:58	4.41	26:20	5:58	1	-	10	7:47
Lap 10	0.49	2:48	5:42	1	-	12	0:46	4.90	29:08	5:56	1	-	12	8:31