



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

Arnstadt / 15.01.2025

Detailed evaluation

Janine Urban

Club: Rennschnecke

Number: 56

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Seniorinnen W35 (35-39) H

Total time: 28:37

Speed: 8.39 km/h

Running performance: 6:29 min/km

Laps: 9 (4.41 km)

Rank in course/Women: 16 (of 30)

Rank in category: 4(of 8)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	Total km	Total Time				Pos Women	Behind Women
Lap 1	0.49	3:25	6:58	5	1:35	22	1:35	0.49	3:25	6:58	5	1:35	22	1:35
Lap 2	0.49	3:14	6:35	5	1:13	20	1:13	0.98	6:39	6:47	5	2:48	22	2:48
Lap 3	0.49	3:08	6:23	4	1:01	16	1:04	1.47	9:47	6:39	5	3:49	21	3:49
Lap 4	0.49	3:05	6:17	4	0:58	16	1:02	1.96	12:52	6:33	4	4:47	17	4:47
Lap 5	0.49	3:09	6:25	3	1:03	14	1:15	2.45	16:01	6:32	4	5:50	17	5:50
Lap 6	0.49	2:57	6:01	3	0:51	12	0:58	2.94	18:58	6:27	4	6:41	16	6:41
Lap 7	0.49	3:19	6:46	4	1:14	17	1:14	3.43	22:17	6:29	4	7:55	16	7:55
Lap 8	0.49	3:18	6:44	3	1:14	19	1:14	3.92	25:35	6:31	4	9:09	16	9:09
Lap 9	0.49	3:02	6:11	3	0:55	15	1:04	4.41	28:37	6:29	4	10:04	16	10:04