



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

Arnstadt / 15.01.2025

Detailed evaluation

Julia Fleck

Club: Flutschfinger k.e.V.

Number: 7

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Seniorinnen W35 (35-39) H

Total time: 29:15

Speed: 8.21 km/h

Running performance: 6:37 min/km

Laps: 9 (4.41 km)

Rank in course/Women: 20 (of 30)

Rank in category: 5(of 8)

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	0.49	3:20	6:48	4	1:30	20	1:30	0.49	3:20	6:48	4	1:30	20	1:30
Lap 2	0.49	3:07	6:21	4	1:06	17	1:06	0.98	6:27	6:34	4	2:36	18	2:36
Lap 3	0.49	3:14	6:35	5	1:07	20	1:10	1.47	9:41	6:35	4	3:43	18	3:43
Lap 4	0.49	3:19	6:46	5	1:12	20	1:16	1.96	13:00	6:37	5	4:55	21	4:55
Lap 5	0.49	3:14	6:35	5	1:08	18	1:20	2.45	16:14	6:37	5	6:03	21	6:03
Lap 6	0.49	3:16	6:40	5	1:10	17	1:17	2.94	19:30	6:37	5	7:13	20	7:13
Lap 7	0.49	3:21	6:50	5	1:16	18	1:16	3.43	22:51	6:39	5	8:29	20	8:29
Lap 8	0.49	3:19	6:46	5	1:15	21	1:15	3.92	26:10	6:40	5	9:44	20	9:44
Lap 9	0.49	3:05	6:17	4	0:58	17	1:07	4.41	29:15	6:37	5	10:42	20	10:42