



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

Arnstadt / 15.01.2025

Detailed evaluation

Katja Röder

Total time: 29:09

Number: 40

Speed: 12.35 km/h

Course: 0.49 km/Lap

Running performance: 4:14 min/km

Halbstundenlauf

Laps: 14 (6.86 km)

Category:

Rank in course/Women: 2 (of 30)

Seniorinnen W40 (40-44) H

Rank in category: 1(of 6)

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	1:57	3:58	1	-	3	0:07	0.49	1:57	3:58	1	-	3	0:07	
Lap 2	0.49	2:03	4:11	1	-	3	0:02	0.98	4:00	4:04	1	-	3	0:09	
Lap 3	0.49	2:04	4:13	1	-	1	-	1.47	6:04	4:07	1	-	2	0:06	
Lap 4	0.49	2:03	4:11	1	-	1	-	1.96	8:07	4:08	1	-	2	0:02	
Lap 5	0.49	2:04	4:13	1	-	2	0:10	2.45	10:11	4:09	1	-	1	-	
Lap 6	0.49	2:06	4:17	1	-	2	0:07	2.94	12:17	4:10	1	-	1	-	
Lap 7	0.49	2:05	4:15	1	-	1	-	3.43	14:22	4:11	1	-	1	-	
Lap 8	0.49	2:05	4:15	1	-	2	0:01	3.92	16:27	4:11	1	-	2	0:01	
Lap 9	0.49	2:08	4:21	1	-	3	0:10	4.41	18:35	4:12	1	-	2	0:02	
Lap 10	0.49	2:06	4:17	1	-	4	0:04	4.90	20:41	4:13	1	-	2	0:04	
Lap 11	0.49	2:07	4:19	1	-	1	-	5.39	22:48	4:13	1	-	2	0:04	
Lap 12	0.49	2:08	4:21	1	-	2	0:02	5.88	24:56	4:14	1	-	2	0:06	
Lap 13	0.49	2:06	4:17	1	-	3	0:07	6.37	27:02	4:14	1	-	2	0:07	
Lap 14	0.49	2:07	4:19	1	-	2	0:05	6.86	29:09	4:14	1	-	2	0:12	