



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

Arnstadt / 15.01.2025

### Detailed evaluation

Marie-Katrin Nelke

Club: Flutschfinger k.e.V.

Number: 31

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Seniorinnen W40 (40-44) H

Total time: 28:56

Speed: 8.29 km/h

Running performance: 5:54 min/km

Laps: 10 (4.9 km)

Rank in course/Women: 10 (of 30)

Rank in category: 3(of 6)

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	Total km	Total Time			Total min/km	Pos Women	Behind Women
Lap 1	0.49	2:58	6:03	3	1:01	13	1:08	0.49	2:58	6:03	3	1:01	13	1:08
Lap 2	0.49	2:52	5:51	3	0:49	12	0:51	0.98	5:50	5:57	3	1:50	13	1:59
Lap 3	0.49	2:55	5:57	3	0:51	12	0:51	1.47	8:45	5:57	3	2:41	13	2:47
Lap 4	0.49	3:00	6:07	3	0:57	13	0:57	1.96	11:45	5:59	3	3:38	13	3:40
Lap 5	0.49	3:00	6:07	3	0:56	11	1:06	2.45	14:45	6:01	3	4:34	13	4:34
Lap 6	0.49	2:56	5:59	3	0:50	10	0:57	2.94	17:41	6:00	3	5:24	13	5:24
Lap 7	0.49	2:57	6:01	3	0:52	10	0:52	3.43	20:38	6:00	3	6:16	11	6:16
Lap 8	0.49	2:53	5:53	3	0:48	10	0:49	3.92	23:31	5:59	3	7:04	11	7:05
Lap 9	0.49	2:51	5:48	2	0:43	10	0:53	4.41	26:22	5:58	3	7:47	11	7:49
Lap 10	0.49	2:34	5:14	2	0:28	7	0:32	4.90	28:56	5:54	3	8:15	10	8:19