



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

Arnstadt / 15.01.2025

### Detailed evaluation

Eva Reißland

Total time: 29:01

Number: 39

Speed: 8.27 km/h

Course: 0.49 km/Lap

Running performance: 6:34 min/km

Halbstundenlauf

Laps: 9 (4.41 km)

Category:

Rank in course/Women: 19 (of 30)

Seniorinnen W40 (40-44) H

Rank in category: 4(of 6)

### 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	3:19	6:46	4	1:22	19	1:29	0.49	3:19	6:46	4	1:22	19	1:29
Lap 2	0.49	2:57	6:01	4	0:54	15	0:56	0.98	6:16	6:23	4	2:16	16	2:25
Lap 3	0.49	3:09	6:25	4	1:05	17	1:05	1.47	9:25	6:24	4	3:21	16	3:27
Lap 4	0.49	3:20	6:48	4	1:17	21	1:17	1.96	12:45	6:30	4	4:38	16	4:40
Lap 5	0.49	3:18	6:44	4	1:14	21	1:24	2.45	16:03	6:33	4	5:52	19	5:52
Lap 6	0.49	3:20	6:48	4	1:14	18	1:21	2.94	19:23	6:35	4	7:06	19	7:06
Lap 7	0.49	3:15	6:37	4	1:10	15	1:10	3.43	22:38	6:35	4	8:16	19	8:16
Lap 8	0.49	3:13	6:33	4	1:08	15	1:09	3.92	25:51	6:35	4	9:24	19	9:25
Lap 9	0.49	3:10	6:27	4	1:02	19	1:12	4.41	29:01	6:34	4	10:26	19	10:28