



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

Arnstadt / 15.01.2025

Detailed evaluation

Konstanze Wagner

Number: 44

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Seniorinnen W40 (40-44) H

Total time: 28:00

Speed: 6.43 km/h

Running performance: 7:08 min/km

Laps: 8 (3.92 km)

Rank in course/Women: 22 (of 30)

Rank in category: 5(of 6)

Intermediate times

Stage score

Total ranking

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	3:23	6:54	5	1:26	21	1:33	0.49	3:23	6:54	5	1:26	21	1:33
Lap 2	0.49	3:14	6:35	5	1:11	20	1:13	0.98	6:37	6:45	5	2:37	21	2:46
Lap 3	0.49	3:20	6:48	5	1:16	21	1:16	1.47	9:57	6:46	5	3:53	22	3:59
Lap 4	0.49	3:30	7:08	5	1:27	22	1:27	1.96	13:27	6:51	5	5:20	22	5:22
Lap 5	0.49	3:33	7:14	5	1:29	22	1:39	2.45	17:00	6:56	5	6:49	22	6:49
Lap 6	0.49	3:39	7:26	5	1:33	21	1:40	2.94	20:39	7:01	5	8:22	22	8:22
Lap 7	0.49	3:37	7:22	5	1:32	22	1:32	3.43	24:16	7:04	5	9:54	22	9:54
Lap 8	0.49	3:44	7:37	5	1:39	23	1:40	3.92	28:00	7:08	5	11:33	22	11:34