



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

Arnstadt / 15.01.2025

Detailed evaluation

Manja Kaufmann

Total time: 28:20

Number: 25

Speed: 6.35 km/h

Course: 0.49 km/Lap

Running performance: 8:15 min/km

Halbstundenlauf

Laps: 7 (3.43 km)

Category:

Rank in course/Women: 25 (of 30)

Seniorinnen W40 (40-44) H

Rank in category: 6(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 | 3:51 | 7:51 | 6 | 1:54 | 27 | 2:01 | 0.49 | 3:51 | 7:51 | 6 | 1:54 | 27 | 2:01 |
| Lap 2 | 0.49 | 3:47 | 7:43 | 6 | 1:44 | 25 | 1:46 | 0.98 | 7:38 | 7:47 | 6 | 3:38 | 26 | 3:47 |
| Lap 3 | 0.49 | 3:56 | 8:01 | 6 | 1:52 | 24 | 1:52 | 1.47 | 11:34 | 7:52 | 6 | 5:30 | 26 | 5:36 |
| Lap 4 | 0.49 | 4:14 | 8:38 | 6 | 2:11 | 25 | 2:11 | 1.96 | 15:48 | 8:03 | 6 | 7:41 | 25 | 7:43 |
| Lap 5 | 0.49 | 4:10 | 8:30 | 6 | 2:06 | 25 | 2:16 | 2.45 | 19:58 | 8:08 | 6 | 9:47 | 25 | 9:47 |
| Lap 6 | 0.49 | 4:13 | 8:36 | 6 | 2:07 | 25 | 2:14 | 2.94 | 24:11 | 8:13 | 6 | 11:54 | 25 | 11:54 |
| Lap 7 | 0.49 | 4:09 | 8:28 | 6 | 2:04 | 24 | 2:04 | 3.43 | 28:20 | 8:15 | 6 | 13:58 | 25 | 13:58 |