



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

Arnstadt / 15.01.2025

Detailed evaluation

Sandra Windorf

Club: Yin Yang

Number: 49

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Seniorinnen W45 (45-49) H

Total time: 27:45

Speed: 8.65 km/h

Running performance: 6:17 min/km

Laps: 9 (4.41 km)

Rank in course/Women: 14 (of 30)

Rank in category: 2(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	2:57	6:01	2	0:17	12	1:07	0.49	2:57	6:01	2	0:17	12	1:07
Lap 2	0.49	3:04	6:15	2	0:25	16	1:03	0.98	6:01	6:08	2	0:42	14	2:10
Lap 3	0.49	3:03	6:13	2	0:21	15	0:59	1.47	9:04	6:10	2	1:03	14	3:06
Lap 4	0.49	3:01	6:09	2	0:19	14	0:58	1.96	12:05	6:09	2	1:22	14	4:00
Lap 5	0.49	3:10	6:27	2	0:26	16	1:16	2.45	15:15	6:13	2	1:48	14	5:04
Lap 6	0.49	3:12	6:31	2	0:28	14	1:13	2.94	18:27	6:16	2	2:16	14	6:10
Lap 7	0.49	3:12	6:31	2	0:28	12	1:07	3.43	21:39	6:18	2	2:44	14	7:17
Lap 8	0.49	3:09	6:25	2	0:23	12	1:05	3.92	24:48	6:19	2	3:07	14	8:22
Lap 9	0.49	2:57	6:01	2	0:11	13	0:59	4.41	27:45	6:17	2	3:18	14	9:12