



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

Arnstadt / 15.01.2025

### Detailed evaluation

Steffi Winzer

Total time: 29:03

Number: 50

Speed: 6.20 km/h

Course: 0.49 km/Lap

Running performance: 7:24 min/km

Halbstundenlauf

Laps: 8 (3.92 km)

Category:

Rank in course/Women: 23 (of 30)

Seniorinnen W45 (45-49) H

Rank in category: 3(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	3:50	7:49	5	1:10	25	2:00	0.49	3:50	7:49	5	1:10	25	2:00
Lap 2	0.49	3:34	7:16	3	0:55	23	1:33	0.98	7:24	7:33	4	2:05	24	3:33
Lap 3	0.49	3:37	7:22	3	0:55	23	1:33	1.47	11:01	7:29	3	3:00	23	5:03
Lap 4	0.49	3:33	7:14	3	0:51	23	1:30	1.96	14:34	7:25	3	3:51	23	6:29
Lap 5	0.49	3:49	7:47	3	1:05	23	1:55	2.45	18:23	7:30	3	4:56	23	8:12
Lap 6	0.49	3:43	7:35	3	0:59	22	1:44	2.94	22:06	7:31	3	5:55	23	9:49
Lap 7	0.49	3:46	7:41	3	1:02	23	1:41	3.43	25:52	7:32	3	6:57	23	11:30
Lap 8	0.49	3:11	6:29	3	0:25	13	1:07	3.92	29:03	7:24	3	7:22	23	12:37