



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

Arnstadt / 15.01.2025

Detailed evaluation

Susanne Henning

Club: Guideteam

Number: 17

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Seniorinnen W45 (45-49) H

Total time: 26:25

Speed: 4.54 km/h

Running performance: 8:59 min/km

Laps: 6 (2.94 km)

Rank in course/Women: 26 (of 30)

Rank in category: 5(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	3:32	7:12	3	0:52	23	1:42	0.49	3:32	7:12	3	0:52	23	1:42
Lap 2	0.49	3:35	7:18	4	0:56	24	1:34	0.98	7:07	7:15	3	1:48	23	3:16
Lap 3	0.49	4:08	8:26	5	1:26	26	2:04	1.47	11:15	7:39	4	3:14	24	5:17
Lap 4	0.49	5:03	10:18	6	2:21	30	3:00	1.96	16:18	8:18	5	5:35	26	8:13
Lap 5	0.49	5:05	10:22	6	2:21	27	3:11	2.45	21:23	8:43	5	7:56	26	11:12
Lap 6	0.49	5:02	10:16	6	2:18	30	3:03	2.94	26:25	8:59	5	10:14	26	14:08