



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

Arnstadt / 15.01.2025

Detailed evaluation

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Club: SPORTident

Number: 32

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Seniorinnen W45 (45-49) H

Total time: 27:26

Speed: 4.37 km/h

Running performance: 9:19 min/km

Laps: 6 (2.94 km)

Rank in course/Women: 27 (of 30)

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	3:50	7:49	5	1:10	25	2:00	0.49	3:50	7:49	5	1:10	25	2:00
Lap 2	0.49	4:40	9:31	6	2:01	27	2:39	0.98	8:30	8:40	6	3:11	27	4:39
Lap 3	0.49	5:02	10:16	6	2:20	30	2:58	1.47	13:32	9:12	6	5:31	27	7:34
Lap 4	0.49	4:52	9:55	5	2:10	29	2:49	1.96	18:24	9:23	6	7:41	27	10:19
Lap 5	0.49	4:44	9:39	5	2:00	26	2:50	2.45	23:08	9:26	6	9:41	27	12:57
Lap 6	0.49	4:18	8:46	5	1:34	26	2:19	2.94	27:26	9:19	6	11:15	27	15:09