



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

Arnstadt / 15.01.2025

Detailed evaluation

Sabine Wenzel

Total time: 28:48

Number: 47

Speed: 8.33 km/h

Course: 0.49 km/Lap

Running performance: 6:31 min/km

Halbstundenlauf

Laps: 9 (4.41 km)

Category:

Rank in course/Women: 17 (of 30)

Seniorinnen W55 (55-59) H

Rank in category: 1(of 1)

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	3:18	6:44	1	-	17	1:28	0.49	3:18	6:44	1	-	17	1:28
Lap 2	0.49	3:13	6:33	1	-	18	1:12	0.98	6:31	6:38	1	-	19	2:40
Lap 3	0.49	3:10	6:27	1	-	18	1:06	1.47	9:41	6:35	1	-	18	3:43
Lap 4	0.49	3:12	6:31	1	-	18	1:09	1.96	12:53	6:34	1	-	19	4:48
Lap 5	0.49	3:09	6:25	1	-	14	1:15	2.45	16:02	6:32	1	-	18	5:51
Lap 6	0.49	3:12	6:31	1	-	14	1:13	2.94	19:14	6:32	1	-	17	6:57
Lap 7	0.49	3:17	6:42	1	-	16	1:12	3.43	22:31	6:33	1	-	17	8:09
Lap 8	0.49	3:12	6:31	1	-	14	1:08	3.92	25:43	6:33	1	-	17	9:17
Lap 9	0.49	3:05	6:17	1	-	17	1:07	4.41	28:48	6:31	1	-	17	10:15