



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

Arnstadt / 15.01.2025

### Detailed evaluation

Ingrid Pahn

Club: ZahnPAHN.de

Number: 33

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Seniorinnen W60 (60-64) H

Total time: 27:42

Speed: 8.66 km/h

Running performance: 5:39 min/km

Laps: 10 (4.9 km)

Rank in course/Women: 8 (of 30)

Rank in category: 1(of 1)

Intermediate times				Stage score				Total ranking						
Control	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	2:40	5:26	1	-	9	0:50	0.49	2:40	5:26	1	-	9	0:50
Lap 2	0.49	2:47	5:40	1	-	10	0:46	0.98	5:27	5:33	1	-	10	1:36
Lap 3	0.49	2:45	5:36	1	-	8	0:41	1.47	8:12	5:34	1	-	10	2:14
Lap 4	0.49	2:48	5:42	1	-	9	0:45	1.96	11:00	5:36	1	-	10	2:55
Lap 5	0.49	2:49	5:44	1	-	8	0:55	2.45	13:49	5:38	1	-	8	3:38
Lap 6	0.49	2:46	5:38	1	-	8	0:47	2.94	16:35	5:38	1	-	8	4:18
Lap 7	0.49	2:47	5:40	1	-	8	0:42	3.43	19:22	5:38	1	-	8	5:00
Lap 8	0.49	2:49	5:44	1	-	8	0:45	3.92	22:11	5:39	1	-	8	5:45
Lap 9	0.49	2:47	5:40	1	-	9	0:49	4.41	24:58	5:39	1	-	8	6:25
Lap 10	0.49	2:44	5:34	1	-	11	0:42	4.90	27:42	5:39	1	-	8	7:05