



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

Arnstadt / 15.01.2025

Detailed evaluation

Marina Raab

Total time: 28:50

Number: 36

Speed: 8.32 km/h

Course: 0.49 km/Lap

Running performance: 6:32 min/km

Halbstundenlauf

Laps: 9 (4.41 km)

Category:

Rank in course/Women: 18 (of 30)

Seniorinnen W65 (65-69) 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	3:13	6:33	1	-	19	1:09	1.47	9:44	6:37	1	-	20	3:46
Lap 4	0.49	3:11	6:29	1	-	17	1:08	1.96	12:55	6:35	1	-	20	4:50
Lap 5	0.49	3:08	6:23	1	-	13	1:14	2.45	16:03	6:33	1	-	19	5:52
Lap 6	0.49	3:14	6:35	1	-	16	1:15	2.94	19:17	6:33	1	-	18	7:00
Lap 7	0.49	3:14	6:35	1	-	14	1:09	3.43	22:31	6:33	1	-	17	8:09
Lap 8	0.49	3:15	6:37	1	-	16	1:11	3.92	25:46	6:34	1	-	18	9:20
Lap 9	0.49	3:04	6:15	1	-	16	1:06	4.41	28:50	6:32	1	-	18	10:17