



# 1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

## evaluación detallada

**Katja Röder**

Asociación: Trailrunning-Crewe Thüringen

Dorsal: 83

recorrido: 0.35 km/vuelta

Halbstundenlauf

categoría:

Seniorinnen W40 (40-44) H

tiempo total: 29:00

velocidad: 12.41 km/h

rendimiento en carrera: 4:21 min/km

Laps: 19 (6.65 km)

posición en el recorrido/Women: 1 (de 13)

posición en la categoría: 1(de 3)

### tiempos parciales

### stage score

### Total score

| control   | etapa<br>km | etapa<br>tiempo | etapaposisió<br>min/km | retraso |       |      |       | Total<br>km | Total<br>tiempo | Total<br>min/km | retraso |       |   |   |
|-----------|-------------|-----------------|------------------------|---------|-------|------|-------|-------------|-----------------|-----------------|---------|-------|---|---|
|           |             |                 |                        | Wome    | Women | Wome | Women |             |                 |                 | Wome    | Women |   |   |
| vuelta 1  | 0.35        | 1:24            | 4:00                   | 1       | -     | 1    | -     | 0.35        | 1:24            | 4:00            | 1       | -     | 1 | - |
| vuelta 2  | 0.35        | 1:24            | 4:00                   | 1       | -     | 1    | -     | 0.70        | 2:48            | 4:00            | 1       | -     | 1 | - |
| vuelta 3  | 0.35        | 1:25            | 4:02                   | 1       | -     | 1    | -     | 1.05        | 4:13            | 4:00            | 1       | -     | 1 | - |
| vuelta 4  | 0.35        | 1:29            | 4:14                   | 1       | -     | 1    | -     | 1.40        | 5:42            | 4:04            | 1       | -     | 1 | - |
| vuelta 5  | 0.35        | 1:31            | 4:19                   | 1       | -     | 1    | -     | 1.75        | 7:13            | 4:07            | 1       | -     | 1 | - |
| vuelta 6  | 0.35        | 1:32            | 4:22                   | 1       | -     | 1    | -     | 2.10        | 8:45            | 4:10            | 1       | -     | 1 | - |
| vuelta 7  | 0.35        | 1:32            | 4:22                   | 1       | -     | 1    | -     | 2.45        | 10:17           | 4:11            | 1       | -     | 1 | - |
| vuelta 8  | 0.35        | 1:32            | 4:22                   | 1       | -     | 1    | -     | 2.80        | 11:49           | 4:13            | 1       | -     | 1 | - |
| vuelta 9  | 0.35        | 1:32            | 4:22                   | 1       | -     | 1    | -     | 3.15        | 13:21           | 4:14            | 1       | -     | 1 | - |
| vuelta 10 | 0.35        | 1:33            | 4:25                   | 1       | -     | 1    | -     | 3.50        | 14:54           | 4:15            | 1       | -     | 1 | - |
| vuelta 11 | 0.35        | 1:35            | 4:31                   | 1       | -     | 1    | -     | 3.85        | 16:29           | 4:16            | 1       | -     | 1 | - |
| vuelta 12 | 0.35        | 1:32            | 4:22                   | 1       | -     | 2    | 0:11  | 4.20        | 18:01           | 4:17            | 1       | -     | 1 | - |
| vuelta 13 | 0.35        | 1:31            | 4:19                   | 1       | -     | 2    | 0:05  | 4.55        | 19:32           | 4:17            | 1       | -     | 1 | - |
| vuelta 14 | 0.35        | 1:34            | 4:28                   | 1       | -     | 2    | 0:05  | 4.90        | 21:06           | 4:18            | 1       | -     | 1 | - |
| vuelta 15 | 0.35        | 1:35            | 4:31                   | 1       | -     | 2    | 0:05  | 5.25        | 22:41           | 4:19            | 1       | -     | 1 | - |
| vuelta 16 | 0.35        | 1:36            | 4:34                   | 1       | -     | 2    | 0:05  | 5.60        | 24:17           | 4:20            | 1       | -     | 1 | - |
| vuelta 17 | 0.35        | 1:34            | 4:28                   | 1       | -     | 2    | 0:03  | 5.95        | 25:51           | 4:20            | 1       | -     | 1 | - |
| vuelta 18 | 0.35        | 1:35            | 4:31                   | 1       | -     | 2    | 0:03  | 6.30        | 27:26           | 4:21            | 1       | -     | 1 | - |
| vuelta 19 | 0.35        | 1:34            | 4:28                   | 1       | -     | 2    | 0:03  | 6.65        | 29:00           | 4:21            | 1       | -     | 1 | - |