



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

Arnstadt / 31.01.2024

## Detailed evaluation

**Mariko Bechmann**

Club: Lauffeuer Fröttstädt e.V.

Number: 33

Course: 0.35 km/Lap

Stundenlauf

Category:

Seniorinnen W35 (35-39)

Total time: 59:29

Speed: 10.09 km/h

Running performance: 5:39 min/km

Laps: 30 (10.5 km)

Rank in course/Women: 6 (of 11)

Rank in category: 2(of 3)

| 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   | 0.35               | 2:05       | 5:57         | 2        | 0:21        | 8         | 0:41         | 0.35        | 2:05       | 5:57         | 2        | 0:21          | 8         | 0:41         |  |
| Lap 2   | 0.35               | 2:01       | 5:45         | 2        | 0:16        | 8         | 0:29         | 0.70        | 4:06       | 5:51         | 2        | 0:37          | 8         | 1:10         |  |
| Lap 3   | 0.35               | 2:01       | 5:45         | 2        | 0:14        | 7         | 0:35         | 1.05        | 6:07       | 5:49         | 2        | 0:51          | 8         | 1:45         |  |
| Lap 4   | 0.35               | 2:04       | 5:54         | 2        | 0:15        | 7         | 0:32         | 1.40        | 8:11       | 5:50         | 2        | 1:06          | 7         | 2:17         |  |
| Lap 5   | 0.35               | 2:04       | 5:54         | 2        | 0:13        | 7         | 0:38         | 1.75        | 10:15      | 5:51         | 2        | 1:19          | 7         | 2:55         |  |
| Lap 6   | 0.35               | 1:46       | 5:02         | 1        | -           | 3         | 0:11         | 2.10        | 12:01      | 5:43         | 2        | 1:14          | 7         | 3:06         |  |
| Lap 7   | 0.35               | 1:45       | 5:00         | 1        | -           | 2         | 0:19         | 2.45        | 13:46      | 5:37         | 2        | 1:06          | 7         | 3:25         |  |
| Lap 8   | 0.35               | 1:48       | 5:08         | 1        | -           | 4         | 0:12         | 2.80        | 15:34      | 5:33         | 2        | 1:03          | 7         | 3:37         |  |
| Lap 9   | 0.35               | 2:22       | 6:45         | 2        | 0:28        | 8         | 0:57         | 3.15        | 17:56      | 5:41         | 2        | 1:31          | 7         | 4:34         |  |
| Lap 10  | 0.35               | 1:45       | 5:00         | 1        | -           | 2         | 0:11         | 3.50        | 19:41      | 5:37         | 2        | 1:21          | 7         | 4:45         |  |
| Lap 11  | 0.35               | 1:49       | 5:11         | 1        | -           | 4         | 0:22         | 3.85        | 21:30      | 5:35         | 2        | 1:14          | 7         | 5:07         |  |
| Lap 12  | 0.35               | 1:50       | 5:14         | 1        | -           | 4         | 0:15         | 4.20        | 23:20      | 5:33         | 2        | 1:11          | 7         | 5:22         |  |
| Lap 13  | 0.35               | 2:22       | 6:45         | 2        | 0:27        | 8         | 0:56         | 4.55        | 25:42      | 5:38         | 2        | 1:38          | 7         | 6:18         |  |
| Lap 14  | 0.35               | 1:50       | 5:14         | 1        | -           | 2         | 0:16         | 4.90        | 27:32      | 5:37         | 2        | 1:32          | 7         | 6:34         |  |
| Lap 15  | 0.35               | 1:51       | 5:17         | 1        | -           | 3         | 0:28         | 5.25        | 29:23      | 5:35         | 2        | 1:27          | 7         | 7:02         |  |
| Lap 16  | 0.35               | 1:58       | 5:37         | 2        | 0:05        | 6         | 0:22         | 5.60        | 31:21      | 5:35         | 2        | 1:32          | 7         | 7:24         |  |
| Lap 17  | 0.35               | 2:17       | 6:31         | 2        | 0:21        | 7         | 0:48         | 5.95        | 33:38      | 5:39         | 2        | 1:53          | 7         | 8:12         |  |
| Lap 18  | 0.35               | 1:51       | 5:17         | 1        | -           | 4         | 0:15         | 6.30        | 35:29      | 5:37         | 2        | 1:46          | 7         | 8:27         |  |
| Lap 19  | 0.35               | 1:50       | 5:14         | 1        | -           | 3         | 0:21         | 6.65        | 37:19      | 5:36         | 2        | 1:38          | 7         | 8:48         |  |
| Lap 20  | 0.35               | 2:16       | 6:28         | 2        | 0:20        | 8         | 0:36         | 7.00        | 39:35      | 5:39         | 2        | 1:58          | 7         | 9:24         |  |
| Lap 21  | 0.35               | 1:57       | 5:34         | 2        | 0:01        | 6         | 0:29         | 7.35        | 41:32      | 5:39         | 2        | 1:59          | 7         | 9:53         |  |
| Lap 22  | 0.35               | 1:51       | 5:17         | 1        | -           | 4         | 0:11         | 7.70        | 43:23      | 5:38         | 2        | 1:53          | 6         | 10:04        |  |
| Lap 23  | 0.35               | 1:49       | 5:11         | 1        | -           | 2         | 0:19         | 8.05        | 45:12      | 5:36         | 2        | 1:47          | 6         | 10:23        |  |
| Lap 24  | 0.35               | 2:29       | 7:05         | 2        | 0:30        | 8         | 0:51         | 8.40        | 47:41      | 5:40         | 2        | 2:17          | 6         | 11:14        |  |
| Lap 25  | 0.35               | 2:02       | 5:48         | 2        | 0:01        | 6         | 0:37         | 8.75        | 49:43      | 5:40         | 2        | 2:18          | 6         | 11:51        |  |
| Lap 26  | 0.35               | 1:58       | 5:37         | 1        | -           | 5         | 0:21         | 9.10        | 51:41      | 5:40         | 2        | 2:18          | 6         | 12:12        |  |
| Lap 27  | 0.35               | 2:00       | 5:42         | 1        | -           | 5         | 0:33         | 9.45        | 53:41      | 5:40         | 2        | 2:18          | 6         | 12:45        |  |
| Lap 28  | 0.35               | 1:59       | 5:40         | 2        | 0:01        | 6         | 0:21         | 9.80        | 55:40      | 5:40         | 2        | 2:19          | 6         | 13:06        |  |
| Lap 29  | 0.35               | 1:57       | 5:34         | 1        | -           | 4         | 0:29         | 10.15       | 57:37      | 5:40         | 2        | 2:10          | 6         | 13:35        |  |
| Lap 30  | 0.35               | 1:52       | 5:20         | 1        | -           | 4         | 0:12         | 10.50       | 59:29      | 5:39         | 2        | 2:02          | 6         | 13:47        |  |