



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

Arnstadt / 31.01.2024

Detailed evaluation

Tina Geyer

Club: IK.IW.IW

Number: 43

Course: 0.35 km/Lap

Stundenlauf

Category:

Seniorinnen W35 (35-39)

Total time: 57:51

Speed: 8.30 km/h

Running performance: 7:11 min/km

Laps: 23 (8.05 km)

Rank in course/Women: 9 (of 11)

Rank in category: 3(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	2:31	7:11	3	0:47	10	1:07	0.35	2:31	7:11	3	0:47	10	1:07	
Lap 2	0.35	2:26	6:57	3	0:41	9	0:54	0.70	4:57	7:04	3	1:28	10	2:01	
Lap 3	0.35	2:34	7:20	3	0:47	10	1:08	1.05	7:31	7:09	3	2:15	10	3:09	
Lap 4	0.35	2:38	7:31	3	0:49	10	1:06	1.40	10:09	7:15	3	3:04	10	4:15	
Lap 5	0.35	2:35	7:22	3	0:44	11	1:09	1.75	12:44	7:16	3	3:48	10	5:24	
Lap 6	0.35	2:33	7:17	3	0:47	9	0:58	2.10	15:17	7:16	3	4:30	10	6:22	
Lap 7	0.35	2:34	7:20	3	0:49	9	1:08	2.45	17:51	7:17	3	5:11	10	7:30	
Lap 8	0.35	2:26	6:57	3	0:38	9	0:50	2.80	20:17	7:14	3	5:46	9	8:20	
Lap 9	0.35	2:35	7:22	3	0:41	9	1:10	3.15	22:52	7:15	3	6:27	9	9:30	
Lap 10	0.35	2:42	7:42	3	0:57	9	1:08	3.50	25:34	7:18	3	7:14	9	10:38	
Lap 11	0.35	2:39	7:34	3	0:50	10	1:12	3.85	28:13	7:19	3	7:57	9	11:50	
Lap 12	0.35	2:36	7:25	3	0:46	9	1:01	4.20	30:49	7:20	3	8:40	9	12:51	
Lap 13	0.35	2:38	7:31	3	0:43	10	1:12	4.55	33:27	7:21	3	9:23	9	14:03	
Lap 14	0.35	2:35	7:22	3	0:45	9	1:01	4.90	36:02	7:21	3	10:02	9	15:04	
Lap 15	0.35	2:31	7:11	3	0:40	9	1:08	5.25	38:33	7:20	3	10:37	9	16:12	
Lap 16	0.35	2:28	7:02	3	0:35	9	0:52	5.60	41:01	7:19	3	11:12	9	17:04	
Lap 17	0.35	2:23	6:48	3	0:27	9	0:54	5.95	43:24	7:17	3	11:39	9	17:58	
Lap 18	0.35	2:18	6:34	3	0:27	8	0:42	6.30	45:42	7:15	3	11:59	9	18:40	
Lap 19	0.35	2:28	7:02	3	0:38	9	0:59	6.65	48:10	7:14	3	12:29	9	19:39	
Lap 20	0.35	2:25	6:54	3	0:29	9	0:45	7.00	50:35	7:13	3	12:58	9	20:24	
Lap 21	0.35	2:25	6:54	3	0:29	9	0:57	7.35	53:00	7:12	3	13:27	9	21:21	
Lap 22	0.35	2:28	7:02	3	0:37	8	0:48	7.70	55:28	7:12	3	13:58	9	22:09	
Lap 23	0.35	2:23	6:48	3	0:34	8	0:53	8.05	57:51	7:11	3	14:26	9	23:02	