



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

Arnstadt / 31.01.2024

Detailed evaluation

Uta Tittelbach-Helmrich

Total time: 58:58

Number: 73

Speed: 11.19 km/h

Course: 0.35 km/Lap

Running performance: 5:06 min/km

Stundenlauf

Laps: 33 (11.55 km)

Category:

Rank in course/Women: 2 (of 11)

Seniorinnen W40 (40-44)

Rank in category: 1(of 1)

Intermediate times

Stage score

Total ranking

Control	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	1:44	4:57	1	-	3	0:20	0.35	1:44	4:57	1	-	3	0:20
Lap 2	0.35	1:44	4:57	1	-	2	0:12	0.70	3:28	4:57	1	-	2	0:32
Lap 3	0.35	1:45	5:00	1	-	2	0:19	1.05	5:13	4:58	1	-	2	0:51
Lap 4	0.35	1:47	5:05	1	-	2	0:15	1.40	7:00	5:00	1	-	2	1:06
Lap 5	0.35	1:46	5:02	1	-	2	0:20	1.75	8:46	5:00	1	-	2	1:26
Lap 6	0.35	1:43	4:54	1	-	2	0:08	2.10	10:29	4:59	1	-	2	1:34
Lap 7	0.35	1:45	5:00	1	-	2	0:19	2.45	12:14	4:59	1	-	2	1:53
Lap 8	0.35	1:46	5:02	1	-	2	0:10	2.80	14:00	5:00	1	-	2	2:03
Lap 9	0.35	1:46	5:02	1	-	2	0:21	3.15	15:46	5:00	1	-	2	2:24
Lap 10	0.35	1:47	5:05	1	-	3	0:13	3.50	17:33	5:00	1	-	2	2:37
Lap 11	0.35	1:46	5:02	1	-	2	0:19	3.85	19:19	5:01	1	-	2	2:56
Lap 12	0.35	1:47	5:05	1	-	2	0:12	4.20	21:06	5:01	1	-	2	3:08
Lap 13	0.35	1:48	5:08	1	-	2	0:22	4.55	22:54	5:01	1	-	2	3:30
Lap 14	0.35	1:50	5:14	1	-	2	0:16	4.90	24:44	5:02	1	-	2	3:46
Lap 15	0.35	1:51	5:17	1	-	3	0:28	5.25	26:35	5:03	1	-	2	4:14
Lap 16	0.35	1:49	5:11	1	-	2	0:13	5.60	28:24	5:04	1	-	2	4:27
Lap 17	0.35	1:48	5:08	1	-	2	0:19	5.95	30:12	5:04	1	-	2	4:46
Lap 18	0.35	1:49	5:11	1	-	2	0:13	6.30	32:01	5:04	1	-	2	4:59
Lap 19	0.35	1:48	5:08	1	-	2	0:19	6.65	33:49	5:05	1	-	2	5:18
Lap 20	0.35	1:48	5:08	1	-	2	0:08	7.00	35:37	5:05	1	-	2	5:26
Lap 21	0.35	1:48	5:08	1	-	2	0:20	7.35	37:25	5:05	1	-	2	5:46
Lap 22	0.35	1:46	5:02	1	-	2	0:06	7.70	39:11	5:05	1	-	2	5:52
Lap 23	0.35	1:51	5:17	1	-	4	0:21	8.05	41:02	5:05	1	-	2	6:13
Lap 24	0.35	1:48	5:08	1	-	2	0:10	8.40	42:50	5:05	1	-	2	6:23
Lap 25	0.35	1:51	5:17	1	-	3	0:26	8.75	44:41	5:06	1	-	2	6:49
Lap 26	0.35	1:51	5:17	1	-	3	0:14	9.10	46:32	5:06	1	-	2	7:03
Lap 27	0.35	1:49	5:11	1	-	3	0:22	9.45	48:21	5:06	1	-	2	7:25
Lap 28	0.35	1:44	4:57	1	-	2	0:06	9.80	50:05	5:06	1	-	2	7:31
Lap 29	0.35	1:45	5:00	1	-	2	0:17	10.15	51:50	5:06	1	-	2	7:48
Lap 30	0.35	1:49	5:11	1	-	3	0:09	10.50	53:39	5:06	1	-	2	7:57



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Lap 31	0.35	1:47	5:05	1	-	3	0:20	10.85	55:26	5:06	1	-	2	8:17
Lap 32	0.35	1:47	5:05	1	-	3	0:09	11.20	57:13	5:06	1	-	2	8:26
Lap 33	0.35	1:45	5:00	1	-	2	0:17	11.55	58:58	5:06	1	-	2	8:43