



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

Arnstadt / 31.01.2024

Detailed evaluation

Stephanie Böttcher

Total time: 44:21

Number: 37

Speed: 6.76 km/h

Course: 0.35 km/Lap

Running performance: 7:27 min/km

Stundenlauf

Laps: 17 (5.95 km)

Category:

Rank in course/Women: 11 (of 11)

Seniorinnen W45 (45-49)

Rank in category: 1(of 1)

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	2:22	6:45	1	-	9	0:58	0.35	2:22	6:45	1	-	9	0:58	
Lap 2	0.35	2:28	7:02	1	-	10	0:56	0.70	4:50	6:54	1	-	9	1:54	
Lap 3	0.35	2:32	7:14	1	-	9	1:06	1.05	7:22	7:00	1	-	9	3:00	
Lap 4	0.35	2:34	7:20	1	-	9	1:02	1.40	9:56	7:05	1	-	9	4:02	
Lap 5	0.35	2:33	7:17	1	-	10	1:07	1.75	12:29	7:07	1	-	9	5:09	
Lap 6	0.35	2:39	7:34	1	-	10	1:04	2.10	15:08	7:12	1	-	9	6:13	
Lap 7	0.35	2:40	7:37	1	-	10	1:14	2.45	17:48	7:15	1	-	9	7:27	
Lap 8	0.35	2:37	7:28	1	-	10	1:01	2.80	20:25	7:17	1	-	10	8:28	
Lap 9	0.35	2:40	7:37	1	-	10	1:15	3.15	23:05	7:19	1	-	10	9:43	
Lap 10	0.35	2:50	8:05	1	-	10	1:16	3.50	25:55	7:24	1	-	10	10:59	
Lap 11	0.35	2:37	7:28	1	-	9	1:10	3.85	28:32	7:24	1	-	10	12:09	
Lap 12	0.35	2:38	7:31	1	-	10	1:03	4.20	31:10	7:25	1	-	10	13:12	
Lap 13	0.35	2:40	7:37	1	-	11	1:14	4.55	33:50	7:26	1	-	10	14:26	
Lap 14	0.35	2:38	7:31	1	-	10	1:04	4.90	36:28	7:26	1	-	10	15:30	
Lap 15	0.35	2:39	7:34	1	-	11	1:16	5.25	39:07	7:27	1	-	10	16:46	
Lap 16	0.35	2:40	7:37	1	-	10	1:04	5.60	41:47	7:27	1	-	10	17:50	
Lap 17	0.35	2:34	7:20	1	-	10	1:05	5.95	44:21	7:27	1	-	10	18:55	