



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

Arnstadt / 31.01.2024

## Detailed evaluation

**Petra Knoblich**

Club: Alteburglaufftreff

Number: 59

Course: 0.35 km/Lap

Stundenlauf

Category:

Seniorinnen W55 (55-59)

Total time: 59:29

Speed: 11.10 km/h

Running performance: 5:09 min/km

Laps: 33 (11.55 km)

Rank in course/Women: 3 (of 11)

Rank in category: 1(of 3)

Intermediate times				Stage score				Total ranking						
Control	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	1:50	5:14	2	0:09	5	0:26	0.35	1:50	5:14	2	0:09	5	0:26
Lap 2	0.35	1:46	5:02	1	-	4	0:14	0.70	3:36	5:08	1	-	4	0:40
Lap 3	0.35	1:47	5:05	1	-	3	0:21	1.05	5:23	5:07	1	-	4	1:01
Lap 4	0.35	1:49	5:11	1	-	3	0:17	1.40	7:12	5:08	1	-	4	1:18
Lap 5	0.35	1:50	5:14	1	-	3	0:24	1.75	9:02	5:09	1	-	4	1:42
Lap 6	0.35	1:50	5:14	1	-	4	0:15	2.10	10:52	5:10	1	-	4	1:57
Lap 7	0.35	1:49	5:11	1	-	4	0:23	2.45	12:41	5:10	1	-	4	2:20
Lap 8	0.35	1:47	5:05	1	-	3	0:11	2.80	14:28	5:10	1	-	3	2:31
Lap 9	0.35	1:48	5:08	1	-	3	0:23	3.15	16:16	5:09	1	-	3	2:54
Lap 10	0.35	1:48	5:08	1	-	4	0:14	3.50	18:04	5:09	1	-	3	3:08
Lap 11	0.35	1:48	5:08	1	-	3	0:21	3.85	19:52	5:09	1	-	3	3:29
Lap 12	0.35	1:48	5:08	1	-	3	0:13	4.20	21:40	5:09	1	-	3	3:42
Lap 13	0.35	1:48	5:08	1	-	2	0:22	4.55	23:28	5:09	1	-	3	4:04
Lap 14	0.35	1:50	5:14	1	-	2	0:16	4.90	25:18	5:09	1	-	3	4:20
Lap 15	0.35	1:49	5:11	1	-	2	0:26	5.25	27:07	5:09	1	-	3	4:46
Lap 16	0.35	1:49	5:11	1	-	2	0:13	5.60	28:56	5:10	1	-	3	4:59
Lap 17	0.35	1:49	5:11	1	-	3	0:20	5.95	30:45	5:10	1	-	3	5:19
Lap 18	0.35	1:50	5:14	1	-	3	0:14	6.30	32:35	5:10	1	-	3	5:33
Lap 19	0.35	1:51	5:17	1	-	4	0:22	6.65	34:26	5:10	1	-	3	5:55
Lap 20	0.35	1:50	5:14	1	-	3	0:10	7.00	36:16	5:10	1	-	3	6:05
Lap 21	0.35	1:50	5:14	1	-	3	0:22	7.35	38:06	5:11	1	-	3	6:27
Lap 22	0.35	1:48	5:08	1	-	3	0:08	7.70	39:54	5:10	1	-	3	6:35
Lap 23	0.35	1:50	5:14	1	-	3	0:20	8.05	41:44	5:11	1	-	3	6:55
Lap 24	0.35	1:48	5:08	1	-	2	0:10	8.40	43:32	5:10	1	-	3	7:05
Lap 25	0.35	1:48	5:08	1	-	2	0:23	8.75	45:20	5:10	1	-	3	7:28
Lap 26	0.35	1:45	5:00	1	-	2	0:08	9.10	47:05	5:10	1	-	3	7:36
Lap 27	0.35	1:47	5:05	1	-	2	0:20	9.45	48:52	5:10	1	-	3	7:56
Lap 28	0.35	1:46	5:02	1	-	3	0:08	9.80	50:38	5:10	1	-	3	8:04
Lap 29	0.35	1:47	5:05	1	-	3	0:19	10.15	52:25	5:09	1	-	3	8:23
Lap 30	0.35	1:47	5:05	1	-	2	0:07	10.50	54:12	5:09	1	-	3	8:30



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Intermediate times

Stage score

Total ranking

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	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 31	0.35	1:46	5:02	1	-	2	0:19	10.85	55:58	5:09	1	-	3	8:49
Lap 32	0.35	1:46	5:02	1	-	2	0:08	11.20	57:44	5:09	1	-	3	8:57
Lap 33	0.35	1:45	5:00	1	-	2	0:17	11.55	59:29	5:09	1	-	3	9:14