



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

Arnstadt / 31.01.2024

Detailed evaluation

Ute Schönfeld

Club: SPORTident

Number: 69

Course: 0.35 km/Lap

Stundenlauf

Category:

Seniorinnen W55 (55-59)

Total time: 59:21

Speed: 10.11 km/h

Running performance: 5:28 min/km

Laps: 31 (10.85 km)

Rank in course/Women: 5 (of 11)

Rank in category: 2(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	1:59	5:40	3	0:18	7	0:35	0.35	1:59	5:40	3	0:18	7	0:35
Lap 2	0.35	1:55	5:28	2	0:09	5	0:23	0.70	3:54	5:34	3	0:18	6	0:58
Lap 3	0.35	1:55	5:28	2	0:08	5	0:29	1.05	5:49	5:32	3	0:26	6	1:27
Lap 4	0.35	1:54	5:25	2	0:05	5	0:22	1.40	7:43	5:30	3	0:31	6	1:49
Lap 5	0.35	1:54	5:25	2	0:04	5	0:28	1.75	9:37	5:29	3	0:35	6	2:17
Lap 6	0.35	1:55	5:28	2	0:05	6	0:20	2.10	11:32	5:29	3	0:40	6	2:37
Lap 7	0.35	1:54	5:25	2	0:05	6	0:28	2.45	13:26	5:28	3	0:45	6	3:05
Lap 8	0.35	1:50	5:14	2	0:03	5	0:14	2.80	15:16	5:27	2	0:48	5	3:19
Lap 9	0.35	1:54	5:25	2	0:06	4	0:29	3.15	17:10	5:26	2	0:54	5	3:48
Lap 10	0.35	1:53	5:22	2	0:05	5	0:19	3.50	19:03	5:26	2	0:59	5	4:07
Lap 11	0.35	1:54	5:25	2	0:06	5	0:27	3.85	20:57	5:26	2	1:05	5	4:34
Lap 12	0.35	1:56	5:31	2	0:08	6	0:21	4.20	22:53	5:26	2	1:13	5	4:55
Lap 13	0.35	1:57	5:34	2	0:09	5	0:31	4.55	24:50	5:27	2	1:22	5	5:26
Lap 14	0.35	1:55	5:28	2	0:05	5	0:21	4.90	26:45	5:27	2	1:27	5	5:47
Lap 15	0.35	1:54	5:25	2	0:05	5	0:31	5.25	28:39	5:27	2	1:32	5	6:18
Lap 16	0.35	1:56	5:31	2	0:07	5	0:20	5.60	30:35	5:27	2	1:39	5	6:38
Lap 17	0.35	1:56	5:31	2	0:07	4	0:27	5.95	32:31	5:27	2	1:46	5	7:05
Lap 18	0.35	1:55	5:28	2	0:05	5	0:19	6.30	34:26	5:27	2	1:51	5	7:24
Lap 19	0.35	1:55	5:28	2	0:04	5	0:26	6.65	36:21	5:27	2	1:55	5	7:50
Lap 20	0.35	1:56	5:31	2	0:06	4	0:16	7.00	38:17	5:28	2	2:01	5	8:06
Lap 21	0.35	1:55	5:28	2	0:05	4	0:27	7.35	40:12	5:28	2	2:06	5	8:33
Lap 22	0.35	1:56	5:31	2	0:08	5	0:16	7.70	42:08	5:28	2	2:14	5	8:49
Lap 23	0.35	1:53	5:22	2	0:03	5	0:23	8.05	44:01	5:28	2	2:17	5	9:12
Lap 24	0.35	1:52	5:20	2	0:04	4	0:14	8.40	45:53	5:27	2	2:21	5	9:26
Lap 25	0.35	1:53	5:22	2	0:05	4	0:28	8.75	47:46	5:27	2	2:26	5	9:54
Lap 26	0.35	1:54	5:25	2	0:09	4	0:17	9.10	49:40	5:27	2	2:35	5	10:11
Lap 27	0.35	1:56	5:31	2	0:09	4	0:29	9.45	51:36	5:27	2	2:44	5	10:40
Lap 28	0.35	1:55	5:28	2	0:09	4	0:17	9.80	53:31	5:27	2	2:53	5	10:57
Lap 29	0.35	1:59	5:40	2	0:12	5	0:31	10.15	55:30	5:28	2	3:05	5	11:28
Lap 30	0.35	1:57	5:34	2	0:10	5	0:17	10.50	57:27	5:28	2	3:15	4	11:45



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Total ranking

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Lap 31	0.35	1:54	5:25	2	0:08	5	0:27	10.85	59:21	5:28	2	3:23	5	12:12