



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

Arnstadt / 31.01.2024

Detailed evaluation

Anja Gastmann

Total time: 58:04

Number: 42

Speed: 10.33 km/h

Course: 0.35 km/Lap

Running performance: 5:43 min/km

Stundenlauf

Laps: 29 (10.15 km)

Category:

Rank in course/Women: 7 (of 11)

Seniorinnen W55 (55-59)

Rank in category: 3(of 3)

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|---------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| | | | | 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 | 1:41 | 4:48 | 1 | - | 2 | 0:17 | 0.35 | 1:41 | 4:48 | 1 | - | 2 | 0:17 |
| Lap 2 | 0.35 | 1:55 | 5:28 | 2 | 0:09 | 5 | 0:23 | 0.70 | 3:36 | 5:08 | 1 | - | 4 | 0:40 |
| Lap 3 | 0.35 | 1:55 | 5:28 | 2 | 0:08 | 5 | 0:29 | 1.05 | 5:31 | 5:15 | 2 | 0:08 | 5 | 1:09 |
| Lap 4 | 0.35 | 1:57 | 5:34 | 3 | 0:08 | 6 | 0:25 | 1.40 | 7:28 | 5:20 | 2 | 0:16 | 5 | 1:34 |
| Lap 5 | 0.35 | 1:58 | 5:37 | 3 | 0:08 | 6 | 0:32 | 1.75 | 9:26 | 5:23 | 2 | 0:24 | 5 | 2:06 |
| Lap 6 | 0.35 | 1:55 | 5:28 | 2 | 0:05 | 6 | 0:20 | 2.10 | 11:21 | 5:24 | 2 | 0:29 | 5 | 2:26 |
| Lap 7 | 0.35 | 1:58 | 5:37 | 3 | 0:09 | 7 | 0:32 | 2.45 | 13:19 | 5:26 | 2 | 0:38 | 5 | 2:58 |
| Lap 8 | 0.35 | 1:58 | 5:37 | 3 | 0:11 | 7 | 0:22 | 2.80 | 15:17 | 5:27 | 3 | 0:49 | 6 | 3:20 |
| Lap 9 | 0.35 | 1:58 | 5:37 | 3 | 0:10 | 6 | 0:33 | 3.15 | 17:15 | 5:28 | 3 | 0:59 | 6 | 3:53 |
| Lap 10 | 0.35 | 1:58 | 5:37 | 3 | 0:10 | 7 | 0:24 | 3.50 | 19:13 | 5:29 | 3 | 1:09 | 6 | 4:17 |
| Lap 11 | 0.35 | 2:00 | 5:42 | 3 | 0:12 | 7 | 0:33 | 3.85 | 21:13 | 5:30 | 3 | 1:21 | 6 | 4:50 |
| Lap 12 | 0.35 | 1:56 | 5:31 | 2 | 0:08 | 6 | 0:21 | 4.20 | 23:09 | 5:30 | 3 | 1:29 | 6 | 5:11 |
| Lap 13 | 0.35 | 1:59 | 5:40 | 3 | 0:11 | 6 | 0:33 | 4.55 | 25:08 | 5:31 | 3 | 1:40 | 6 | 5:44 |
| Lap 14 | 0.35 | 1:59 | 5:40 | 3 | 0:09 | 7 | 0:25 | 4.90 | 27:07 | 5:32 | 3 | 1:49 | 6 | 6:09 |
| Lap 15 | 0.35 | 2:00 | 5:42 | 3 | 0:11 | 7 | 0:37 | 5.25 | 29:07 | 5:32 | 3 | 2:00 | 6 | 6:46 |
| Lap 16 | 0.35 | 2:01 | 5:45 | 3 | 0:12 | 7 | 0:25 | 5.60 | 31:08 | 5:33 | 3 | 2:12 | 6 | 7:11 |
| Lap 17 | 0.35 | 2:03 | 5:51 | 3 | 0:14 | 6 | 0:34 | 5.95 | 33:11 | 5:34 | 3 | 2:26 | 6 | 7:45 |
| Lap 18 | 0.35 | 2:03 | 5:51 | 3 | 0:13 | 7 | 0:27 | 6.30 | 35:14 | 5:35 | 3 | 2:39 | 6 | 8:12 |
| Lap 19 | 0.35 | 2:03 | 5:51 | 3 | 0:12 | 7 | 0:34 | 6.65 | 37:17 | 5:36 | 3 | 2:51 | 6 | 8:46 |
| Lap 20 | 0.35 | 2:03 | 5:51 | 3 | 0:13 | 6 | 0:23 | 7.00 | 39:20 | 5:37 | 3 | 3:04 | 6 | 9:09 |
| Lap 21 | 0.35 | 2:05 | 5:57 | 3 | 0:15 | 7 | 0:37 | 7.35 | 41:25 | 5:38 | 3 | 3:19 | 6 | 9:46 |
| Lap 22 | 0.35 | 2:06 | 6:00 | 3 | 0:18 | 7 | 0:26 | 7.70 | 43:31 | 5:39 | 3 | 3:37 | 7 | 10:12 |
| Lap 23 | 0.35 | 2:06 | 6:00 | 3 | 0:16 | 7 | 0:36 | 8.05 | 45:37 | 5:40 | 3 | 3:53 | 7 | 10:48 |
| Lap 24 | 0.35 | 2:06 | 6:00 | 3 | 0:18 | 6 | 0:28 | 8.40 | 47:43 | 5:40 | 3 | 4:11 | 7 | 11:16 |
| Lap 25 | 0.35 | 2:06 | 6:00 | 3 | 0:18 | 7 | 0:41 | 8.75 | 49:49 | 5:41 | 3 | 4:29 | 7 | 11:57 |
| Lap 26 | 0.35 | 2:04 | 5:54 | 3 | 0:19 | 7 | 0:27 | 9.10 | 51:53 | 5:42 | 3 | 4:48 | 7 | 12:24 |
| Lap 27 | 0.35 | 2:05 | 5:57 | 3 | 0:18 | 7 | 0:38 | 9.45 | 53:58 | 5:42 | 3 | 5:06 | 7 | 13:02 |
| Lap 28 | 0.35 | 2:02 | 5:48 | 3 | 0:16 | 7 | 0:24 | 9.80 | 56:00 | 5:42 | 3 | 5:22 | 7 | 13:26 |
| Lap 29 | 0.35 | 2:04 | 5:54 | 3 | 0:17 | 6 | 0:36 | 10.15 | 58:04 | 5:43 | 3 | 5:39 | 7 | 14:02 |