



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

Arnstadt / 31.01.2024

Detailed evaluation

Martina Wenzlaff

Total time: 59:54

Number: 78

Speed: 7.01 km/h

Course: 0.35 km/Lap

Running performance: 7:46 min/km

Stundenlauf

Laps: 22 (7.7 km)

Category:

Rank in course/Women: 10 (of 11)

Seniorinnen W60 (60-64)

Rank in category: 1(of 1)

| 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 | 2:42 | 7:42 | 1 | - | 11 | 1:18 | 0.35 | 2:42 | 7:42 | 1 | - | 11 | 1:18 |
| Lap 2 | 0.35 | 2:43 | 7:45 | 1 | - | 11 | 1:11 | 0.70 | 5:25 | 7:44 | 1 | - | 11 | 2:29 |
| Lap 3 | 0.35 | 2:45 | 7:51 | 1 | - | 11 | 1:19 | 1.05 | 8:10 | 7:46 | 1 | - | 11 | 3:48 |
| Lap 4 | 0.35 | 2:45 | 7:51 | 1 | - | 11 | 1:13 | 1.40 | 10:55 | 7:47 | 1 | - | 11 | 5:01 |
| Lap 5 | 0.35 | 2:23 | 6:48 | 1 | - | 9 | 0:57 | 1.75 | 13:18 | 7:36 | 1 | - | 11 | 5:58 |
| Lap 6 | 0.35 | 2:45 | 7:51 | 1 | - | 11 | 1:10 | 2.10 | 16:03 | 7:38 | 1 | - | 11 | 7:08 |
| Lap 7 | 0.35 | 2:43 | 7:45 | 1 | - | 11 | 1:17 | 2.45 | 18:46 | 7:39 | 1 | - | 11 | 8:25 |
| Lap 8 | 0.35 | 2:37 | 7:28 | 1 | - | 10 | 1:01 | 2.80 | 21:23 | 7:38 | 1 | - | 11 | 9:26 |
| Lap 9 | 0.35 | 2:41 | 7:40 | 1 | - | 11 | 1:16 | 3.15 | 24:04 | 7:38 | 1 | - | 11 | 10:42 |
| Lap 10 | 0.35 | 3:26 | 9:48 | 1 | - | 11 | 1:52 | 3.50 | 27:30 | 7:51 | 1 | - | 11 | 12:34 |
| Lap 11 | 0.35 | 2:41 | 7:40 | 1 | - | 11 | 1:14 | 3.85 | 30:11 | 7:50 | 1 | - | 11 | 13:48 |
| Lap 12 | 0.35 | 2:41 | 7:40 | 1 | - | 11 | 1:06 | 4.20 | 32:52 | 7:49 | 1 | - | 11 | 14:54 |
| Lap 13 | 0.35 | 2:37 | 7:28 | 1 | - | 9 | 1:11 | 4.55 | 35:29 | 7:47 | 1 | - | 11 | 16:05 |
| Lap 14 | 0.35 | 2:43 | 7:45 | 1 | - | 11 | 1:09 | 4.90 | 38:12 | 7:47 | 1 | - | 11 | 17:14 |
| Lap 15 | 0.35 | 2:36 | 7:25 | 1 | - | 10 | 1:13 | 5.25 | 40:48 | 7:46 | 1 | - | 11 | 18:27 |
| Lap 16 | 0.35 | 2:40 | 7:37 | 1 | - | 10 | 1:04 | 5.60 | 43:28 | 7:45 | 1 | - | 11 | 19:31 |
| Lap 17 | 0.35 | 2:37 | 7:28 | 1 | - | 11 | 1:08 | 5.95 | 46:05 | 7:44 | 1 | - | 11 | 20:39 |
| Lap 18 | 0.35 | 2:50 | 8:05 | 1 | - | 10 | 1:14 | 6.30 | 48:55 | 7:45 | 1 | - | 10 | 21:53 |
| Lap 19 | 0.35 | 2:40 | 7:37 | 1 | - | 10 | 1:11 | 6.65 | 51:35 | 7:45 | 1 | - | 10 | 23:04 |
| Lap 20 | 0.35 | 2:52 | 8:11 | 1 | - | 10 | 1:12 | 7.00 | 54:27 | 7:46 | 1 | - | 10 | 24:16 |
| Lap 21 | 0.35 | 2:56 | 8:22 | 1 | - | 10 | 1:28 | 7.35 | 57:23 | 7:48 | 1 | - | 10 | 25:44 |
| Lap 22 | 0.35 | 2:31 | 7:11 | 1 | - | 10 | 0:51 | 7.70 | 59:54 | 7:46 | 1 | - | 10 | 26:35 |