



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

Arnstadt / 31.01.2024

Detailed evaluation

Martina Wenzlaff

Total time: 59:54

Number: 78

Speed: 7.71 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