



1. SPORTident Winter-Stundenlaufserie mit Musik (2. Lauf)

Arnstadt / 21.02.2024

Detailed evaluation

Katja Voigtmann

Club: VfB Torpedo Ichtershausen

Number: 78

Course: 0.35 km/Lap

Stundenlauf

Category:

Seniorinnen W30 (30-34)

Total time: 59:18

Speed: 13.46 km/h

Running performance: 4:27 min/km

Laps: 38 (13.3 km)

Rank in course/Women: 1 (of 13)

Rank in category: 1(of 2)

Control	Intermediate times							Stage score				Total ranking			
	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	1:30	4:17	1	-	1	-	0.35	1:30	4:17	1	-	1	-	
Lap 2	0.35	1:27	4:08	1	-	1	-	0.70	2:57	4:12	1	-	1	-	
Lap 3	0.35	1:25	4:02	1	-	1	-	1.05	4:22	4:09	1	-	1	-	
Lap 4	0.35	1:46	5:02	1	-	1	-	1.40	6:08	4:22	1	-	1	-	
Lap 5	0.35	1:24	4:00	1	-	1	-	1.75	7:32	4:18	1	-	1	-	
Lap 6	0.35	1:25	4:02	1	-	1	-	2.10	8:57	4:15	1	-	1	-	
Lap 7	0.35	1:27	4:08	1	-	1	-	2.45	10:24	4:14	1	-	1	-	
Lap 8	0.35	1:49	5:11	1	-	1	-	2.80	12:13	4:21	1	-	1	-	
Lap 9	0.35	1:26	4:05	1	-	1	-	3.15	13:39	4:20	1	-	1	-	
Lap 10	0.35	1:26	4:05	1	-	1	-	3.50	15:05	4:18	1	-	1	-	
Lap 11	0.35	1:27	4:08	1	-	1	-	3.85	16:32	4:17	1	-	1	-	
Lap 12	0.35	1:50	5:14	1	-	2	0:01	4.20	18:22	4:22	1	-	1	-	
Lap 13	0.35	1:26	4:05	1	-	1	-	4.55	19:48	4:21	1	-	1	-	
Lap 14	0.35	1:28	4:11	1	-	1	-	4.90	21:16	4:20	1	-	1	-	
Lap 15	0.35	1:27	4:08	1	-	1	-	5.25	22:43	4:19	1	-	1	-	
Lap 16	0.35	1:53	5:22	1	-	2	0:02	5.60	24:36	4:23	1	-	1	-	
Lap 17	0.35	1:28	4:11	1	-	1	-	5.95	26:04	4:22	1	-	1	-	
Lap 18	0.35	1:29	4:14	1	-	1	-	6.30	27:33	4:22	1	-	1	-	
Lap 19	0.35	1:28	4:11	1	-	1	-	6.65	29:01	4:21	1	-	1	-	
Lap 20	0.35	1:55	5:28	1	-	2	0:02	7.00	30:56	4:25	1	-	1	-	
Lap 21	0.35	1:27	4:08	1	-	1	-	7.35	32:23	4:24	1	-	1	-	
Lap 22	0.35	1:28	4:11	1	-	1	-	7.70	33:51	4:23	1	-	1	-	
Lap 23	0.35	1:28	4:11	1	-	1	-	8.05	35:19	4:23	1	-	1	-	
Lap 24	0.35	1:54	5:25	1	-	1	-	8.40	37:13	4:25	1	-	1	-	
Lap 25	0.35	1:29	4:14	1	-	1	-	8.75	38:42	4:25	1	-	1	-	
Lap 26	0.35	1:29	4:14	1	-	1	-	9.10	40:11	4:24	1	-	1	-	
Lap 27	0.35	1:29	4:14	1	-	1	-	9.45	41:40	4:24	1	-	1	-	
Lap 28	0.35	1:56	5:31	1	-	3	0:02	9.80	43:36	4:26	1	-	1	-	
Lap 29	0.35	1:31	4:19	1	-	1	-	10.15	45:07	4:26	1	-	1	-	
Lap 30	0.35	1:29	4:14	1	-	1	-	10.50	46:36	4:26	1	-	1	-	



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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 31	0.35	1:28	4:11	1	-	1	-	10.85	48:04	4:25	1	-	1	-
Lap 32	0.35	1:58	5:37	1	-	2	0:13	11.20	50:02	4:28	1	-	1	-
Lap 33	0.35	1:30	4:17	1	-	1	-	11.55	51:32	4:27	1	-	1	-
Lap 34	0.35	1:31	4:19	1	-	1	-	11.90	53:03	4:27	1	-	1	-
Lap 35	0.35	1:28	4:11	1	-	1	-	12.25	54:31	4:27	1	-	1	-
Lap 36	0.35	1:52	5:20	1	-	1	-	12.60	56:23	4:28	1	-	1	-
Lap 37	0.35	1:27	4:08	1	-	1	-	12.95	57:50	4:27	1	-	1	-
Lap 38	0.35	1:28	4:11	1	-	1	-	13.30	59:18	4:27	1	-	1	-