



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

Arnstadt / 21.02.2024

## Detailed evaluation

**Anja Gottschalk**

Club: Rennsteiglaufverein, Arnstadt

Number: 69

Course: 0.35 km/Lap

Stundenlauf

Category:

Seniorinnen W30 (30-34)

Total time: 58:45

Speed: 9.19 km/h

Running performance: 5:59 min/km

Laps: 28 (9.8 km)

Rank in course/Women: 6 (of 13)

Rank in category: 2(of 2)

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	2:09	6:08	2	0:39	7	0:39	0.35	2:09	6:08	2	0:39	7	0:39
Lap 2	0.35	1:57	5:34	2	0:30	6	0:30	0.70	4:06	5:51	2	1:09	6	1:09
Lap 3	0.35	1:58	5:37	2	0:33	6	0:33	1.05	6:04	5:46	2	1:42	6	1:42
Lap 4	0.35	1:55	5:28	2	0:09	5	0:09	1.40	7:59	5:42	2	1:51	6	1:51
Lap 5	0.35	1:57	5:34	2	0:33	5	0:33	1.75	9:56	5:40	2	2:24	6	2:24
Lap 6	0.35	2:01	5:45	2	0:36	5	0:36	2.10	11:57	5:41	2	3:00	6	3:00
Lap 7	0.35	2:00	5:42	2	0:33	5	0:33	2.45	13:57	5:41	2	3:33	6	3:33
Lap 8	0.35	2:00	5:42	2	0:11	5	0:11	2.80	15:57	5:41	2	3:44	6	3:44
Lap 9	0.35	1:59	5:40	2	0:33	5	0:33	3.15	17:56	5:41	2	4:17	6	4:17
Lap 10	0.35	2:02	5:48	2	0:36	5	0:36	3.50	19:58	5:42	2	4:53	6	4:53
Lap 11	0.35	2:04	5:54	2	0:37	5	0:37	3.85	22:02	5:43	2	5:30	6	5:30
Lap 12	0.35	2:03	5:51	2	0:13	5	0:14	4.20	24:05	5:44	2	5:43	6	5:43
Lap 13	0.35	2:06	6:00	2	0:40	5	0:40	4.55	26:11	5:45	2	6:23	6	6:23
Lap 14	0.35	2:06	6:00	2	0:38	5	0:38	4.90	28:17	5:46	2	7:01	6	7:01
Lap 15	0.35	2:06	6:00	2	0:39	5	0:39	5.25	30:23	5:47	2	7:40	6	7:40
Lap 16	0.35	2:06	6:00	2	0:13	5	0:15	5.60	32:29	5:48	2	7:53	6	7:53
Lap 17	0.35	2:08	6:05	2	0:40	5	0:40	5.95	34:37	5:49	2	8:33	6	8:33
Lap 18	0.35	2:08	6:05	2	0:39	5	0:39	6.30	36:45	5:50	2	9:12	6	9:12
Lap 19	0.35	2:11	6:14	2	0:43	6	0:43	6.65	38:56	5:51	2	9:55	6	9:55
Lap 20	0.35	2:13	6:20	2	0:18	6	0:20	7.00	41:09	5:52	2	10:13	6	10:13
Lap 21	0.35	2:11	6:14	2	0:44	6	0:44	7.35	43:20	5:53	2	10:57	6	10:57
Lap 22	0.35	2:14	6:22	2	0:46	6	0:46	7.70	45:34	5:55	2	11:43	6	11:43
Lap 23	0.35	2:13	6:20	2	0:45	6	0:45	8.05	47:47	5:56	2	12:28	6	12:28
Lap 24	0.35	2:14	6:22	2	0:20	6	0:20	8.40	50:01	5:57	2	12:48	6	12:48
Lap 25	0.35	2:14	6:22	2	0:45	6	0:45	8.75	52:15	5:58	2	13:33	6	13:33
Lap 26	0.35	2:15	6:25	2	0:46	6	0:46	9.10	54:30	5:59	2	14:19	6	14:19
Lap 27	0.35	2:12	6:17	2	0:43	6	0:43	9.45	56:42	6:00	2	15:02	6	15:02
Lap 28	0.35	2:03	5:51	2	0:07	5	0:09	9.80	58:45	5:59	2	15:09	6	15:09