



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

Arnstadt / 21.02.2024

Detailed evaluation

Mariko Bechmann

Club: Lauffeuer Fröttstädt e.V.

Number: 44

Course: 0.35 km/Lap

Stundenlauf

Category:

Seniorinnen W35 (35-39)

Total time: 58:55

Speed: 11.05 km/h

Running performance: 5:25 min/km

Laps: 31 (10.85 km)

Rank in course/Women: 3 (of 13)

Rank in category: 1(of 4)

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	1:50	5:14	2	0:09	4	0:20	0.35	1:50	5:14	2	0:09	4	0:20	
Lap 2	0.35	1:53	5:22	2	0:05	5	0:26	0.70	3:43	5:18	2	0:14	4	0:46	
Lap 3	0.35	1:53	5:22	2	0:01	5	0:28	1.05	5:36	5:20	2	0:15	5	1:14	
Lap 4	0.35	1:51	5:17	1	-	4	0:05	1.40	7:27	5:19	2	0:10	5	1:19	
Lap 5	0.35	1:53	5:22	1	-	4	0:29	1.75	9:20	5:20	2	0:06	5	1:48	
Lap 6	0.35	1:55	5:28	1	-	4	0:30	2.10	11:15	5:21	1	-	4	2:18	
Lap 7	0.35	1:55	5:28	1	-	3	0:28	2.45	13:10	5:22	1	-	4	2:46	
Lap 8	0.35	1:54	5:25	1	-	4	0:05	2.80	15:04	5:22	1	-	4	2:51	
Lap 9	0.35	1:53	5:22	1	-	4	0:27	3.15	16:57	5:22	1	-	4	3:18	
Lap 10	0.35	1:51	5:17	1	-	3	0:25	3.50	18:48	5:22	1	-	4	3:43	
Lap 11	0.35	1:55	5:28	1	-	4	0:28	3.85	20:43	5:22	1	-	4	4:11	
Lap 12	0.35	1:55	5:28	1	-	4	0:06	4.20	22:38	5:23	1	-	4	4:16	
Lap 13	0.35	1:54	5:25	1	-	3	0:28	4.55	24:32	5:23	1	-	4	4:44	
Lap 14	0.35	1:54	5:25	1	-	3	0:26	4.90	26:26	5:23	1	-	4	5:10	
Lap 15	0.35	1:55	5:28	1	-	3	0:28	5.25	28:21	5:24	1	-	4	5:38	
Lap 16	0.35	1:54	5:25	1	-	3	0:03	5.60	30:15	5:24	1	-	4	5:39	
Lap 17	0.35	1:54	5:25	1	-	3	0:26	5.95	32:09	5:24	1	-	4	6:05	
Lap 18	0.35	1:56	5:31	1	-	4	0:27	6.30	34:05	5:24	1	-	4	6:32	
Lap 19	0.35	1:58	5:37	1	-	4	0:30	6.65	36:03	5:25	1	-	4	7:02	
Lap 20	0.35	1:55	5:28	1	-	2	0:02	7.00	37:58	5:25	1	-	4	7:02	
Lap 21	0.35	1:54	5:25	1	-	2	0:27	7.35	39:52	5:25	1	-	4	7:29	
Lap 22	0.35	1:57	5:34	1	-	2	0:29	7.70	41:49	5:25	1	-	4	7:58	
Lap 23	0.35	1:55	5:28	1	-	2	0:27	8.05	43:44	5:25	1	-	4	8:25	
Lap 24	0.35	1:56	5:31	1	-	3	0:02	8.40	45:40	5:26	1	-	4	8:27	
Lap 25	0.35	1:55	5:28	1	-	3	0:26	8.75	47:35	5:26	1	-	4	8:53	
Lap 26	0.35	1:56	5:31	1	-	3	0:27	9.10	49:31	5:26	1	-	3	9:20	
Lap 27	0.35	1:53	5:22	1	-	2	0:24	9.45	51:24	5:26	1	-	3	9:44	
Lap 28	0.35	1:54	5:25	1	-	1	-	9.80	53:18	5:26	1	-	3	9:42	
Lap 29	0.35	1:55	5:28	1	-	3	0:24	10.15	55:13	5:26	1	-	3	10:06	
Lap 30	0.35	1:50	5:14	1	-	2	0:21	10.50	57:03	5:25	1	-	3	10:27	



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Lap 31	0.35	1:52	5:20	1	-	3	0:24	10.85	58:55	5:25	1	-	3	10:51