



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

Arnstadt / 21.02.2024

Detailed evaluation

Svenja Moritz

Club: SPORTident

Number: 63

Course: 0.35 km/Lap

Stundenlauf

Category:

Seniorinnen W35 (35-39)

Total time: 57:51

Speed: 8.30 km/h

Running performance: 6:53 min/km

Laps: 24 (8.4 km)

Rank in course/Women: 7 (of 13)

Rank in category: 3(of 4)

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Total min/km | Pos Cat. | Behind Cat. | Total ranking | |
|---------|----------|------------|--------------|----------|-------------|-------------|--------------|----------|------------|--------------|----------|-------------|---------------|--------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | | | | Pos Women | Behind Women |
| Lap 1 | 0.35 | 2:11 | 6:14 | 3 | 0:30 | 8 | 0:41 | 0.35 | 2:11 | 6:14 | 3 | 0:30 | 8 | 0:41 |
| Lap 2 | 0.35 | 2:15 | 6:25 | 3 | 0:27 | 8 | 0:48 | 0.70 | 4:26 | 6:20 | 3 | 0:57 | 7 | 1:29 |
| Lap 3 | 0.35 | 2:15 | 6:25 | 3 | 0:23 | 7 | 0:50 | 1.05 | 6:41 | 6:21 | 3 | 1:20 | 7 | 2:19 |
| Lap 4 | 0.35 | 2:18 | 6:34 | 3 | 0:27 | 9 | 0:32 | 1.40 | 8:59 | 6:24 | 3 | 1:42 | 7 | 2:51 |
| Lap 5 | 0.35 | 2:20 | 6:40 | 3 | 0:27 | 10 | 0:56 | 1.75 | 11:19 | 6:28 | 3 | 2:05 | 7 | 3:47 |
| Lap 6 | 0.35 | 2:22 | 6:45 | 3 | 0:27 | 10 | 0:57 | 2.10 | 13:41 | 6:30 | 3 | 2:26 | 7 | 4:44 |
| Lap 7 | 0.35 | 2:23 | 6:48 | 3 | 0:28 | 9 | 0:56 | 2.45 | 16:04 | 6:33 | 3 | 2:54 | 7 | 5:40 |
| Lap 8 | 0.35 | 2:25 | 6:54 | 3 | 0:31 | 7 | 0:36 | 2.80 | 18:29 | 6:36 | 3 | 3:25 | 7 | 6:16 |
| Lap 9 | 0.35 | 2:23 | 6:48 | 3 | 0:30 | 7 | 0:57 | 3.15 | 20:52 | 6:37 | 3 | 3:55 | 7 | 7:13 |
| Lap 10 | 0.35 | 2:24 | 6:51 | 3 | 0:33 | 9 | 0:58 | 3.50 | 23:16 | 6:38 | 3 | 4:28 | 7 | 8:11 |
| Lap 11 | 0.35 | 2:28 | 7:02 | 3 | 0:33 | 7 | 1:01 | 3.85 | 25:44 | 6:41 | 3 | 5:01 | 7 | 9:12 |
| Lap 12 | 0.35 | 2:27 | 7:00 | 3 | 0:32 | 9 | 0:38 | 4.20 | 28:11 | 6:42 | 3 | 5:33 | 7 | 9:49 |
| Lap 13 | 0.35 | 2:35 | 7:22 | 4 | 0:41 | 11 | 1:09 | 4.55 | 30:46 | 6:45 | 3 | 6:14 | 7 | 10:58 |
| Lap 14 | 0.35 | 2:32 | 7:14 | 3 | 0:38 | 7 | 1:04 | 4.90 | 33:18 | 6:47 | 3 | 6:52 | 7 | 12:02 |
| Lap 15 | 0.35 | 2:26 | 6:57 | 3 | 0:31 | 9 | 0:59 | 5.25 | 35:44 | 6:48 | 3 | 7:23 | 9 | 13:01 |
| Lap 16 | 0.35 | 2:25 | 6:54 | 3 | 0:31 | 9 | 0:34 | 5.60 | 38:09 | 6:48 | 3 | 7:54 | 9 | 13:33 |
| Lap 17 | 0.35 | 2:29 | 7:05 | 3 | 0:35 | 10 | 1:01 | 5.95 | 40:38 | 6:49 | 3 | 8:29 | 9 | 14:34 |
| Lap 18 | 0.35 | 2:32 | 7:14 | 3 | 0:36 | 9 | 1:03 | 6.30 | 43:10 | 6:51 | 3 | 9:05 | 9 | 15:37 |
| Lap 19 | 0.35 | 2:34 | 7:20 | 3 | 0:36 | 10 | 1:06 | 6.65 | 45:44 | 6:52 | 3 | 9:41 | 9 | 16:43 |
| Lap 20 | 0.35 | 2:30 | 7:08 | 3 | 0:35 | 7 | 0:37 | 7.00 | 48:14 | 6:53 | 3 | 10:16 | 9 | 17:18 |
| Lap 21 | 0.35 | 2:30 | 7:08 | 3 | 0:36 | 8 | 1:03 | 7.35 | 50:44 | 6:54 | 3 | 10:52 | 9 | 18:21 |
| Lap 22 | 0.35 | 2:27 | 7:00 | 3 | 0:30 | 7 | 0:59 | 7.70 | 53:11 | 6:54 | 3 | 11:22 | 9 | 19:20 |
| Lap 23 | 0.35 | 2:22 | 6:45 | 3 | 0:27 | 7 | 0:54 | 8.05 | 55:33 | 6:54 | 3 | 11:49 | 9 | 20:14 |
| Lap 24 | 0.35 | 2:18 | 6:34 | 3 | 0:22 | 7 | 0:24 | 8.40 | 57:51 | 6:53 | 3 | 12:11 | 7 | 20:38 |