



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

Arnstadt / 21.02.2024

Detailed evaluation

Tina Geyer

Club: Kita Schillerstraße

Number: 82

Course: 0.35 km/Lap

Stundenlauf

Category:

Seniorinnen W35 (35-39)

Total time: 58:17

Speed: 8.29 km/h

Running performance: 7:14 min/km

Laps: 23 (8.05 km)

Rank in course/Women: 10 (of 13)

Rank in category: 4(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	2:21	6:42	4	0:40	11	0:51	0.35	2:21	6:42	4	0:40	11	0:51	
Lap 2	0.35	2:18	6:34	4	0:30	10	0:51	0.70	4:39	6:38	4	1:10	11	1:42	
Lap 3	0.35	2:23	6:48	4	0:31	10	0:58	1.05	7:02	6:41	4	1:41	10	2:40	
Lap 4	0.35	2:27	7:00	4	0:36	10	0:41	1.40	9:29	6:46	4	2:12	10	3:21	
Lap 5	0.35	2:32	7:14	4	0:39	11	1:08	1.75	12:01	6:52	4	2:47	10	4:29	
Lap 6	0.35	2:32	7:14	4	0:37	11	1:07	2.10	14:33	6:55	4	3:18	10	5:36	
Lap 7	0.35	2:36	7:25	4	0:41	11	1:09	2.45	17:09	7:00	4	3:59	10	6:45	
Lap 8	0.35	2:28	7:02	4	0:34	10	0:39	2.80	19:37	7:00	4	4:33	10	7:24	
Lap 9	0.35	2:29	7:05	4	0:36	10	1:03	3.15	22:06	7:00	4	5:09	10	8:27	
Lap 10	0.35	2:34	7:20	4	0:43	10	1:08	3.50	24:40	7:02	4	5:52	10	9:35	
Lap 11	0.35	2:36	7:25	4	0:41	10	1:09	3.85	27:16	7:04	4	6:33	10	10:44	
Lap 12	0.35	2:38	7:31	4	0:43	12	0:49	4.20	29:54	7:07	4	7:16	10	11:32	
Lap 13	0.35	2:31	7:11	3	0:37	8	1:05	4.55	32:25	7:07	4	7:53	10	12:37	
Lap 14	0.35	2:33	7:17	4	0:39	10	1:05	4.90	34:58	7:08	4	8:32	10	13:42	
Lap 15	0.35	2:33	7:17	4	0:38	10	1:06	5.25	37:31	7:08	4	9:10	10	14:48	
Lap 16	0.35	2:38	7:31	4	0:44	11	0:47	5.60	40:09	7:10	4	9:54	10	15:33	
Lap 17	0.35	2:38	7:31	4	0:44	12	1:10	5.95	42:47	7:11	4	10:38	10	16:43	
Lap 18	0.35	2:35	7:22	4	0:39	12	1:06	6.30	45:22	7:12	4	11:17	10	17:49	
Lap 19	0.35	2:39	7:34	4	0:41	12	1:11	6.65	48:01	7:13	4	11:58	10	19:00	
Lap 20	0.35	2:40	7:37	4	0:45	12	0:47	7.00	50:41	7:14	4	12:43	10	19:45	
Lap 21	0.35	2:36	7:25	4	0:42	12	1:09	7.35	53:17	7:14	4	13:25	10	20:54	
Lap 22	0.35	2:37	7:28	4	0:40	11	1:09	7.70	55:54	7:15	4	14:05	10	22:03	
Lap 23	0.35	2:23	6:48	4	0:28	8	0:55	8.05	58:17	7:14	4	14:33	10	22:58	