



1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

Detailed evaluation

Svenja Moritz

Club: SPORTident

Number: 31

Course: 0.35 km/Lap

Stundenlauf

Category:

Seniorinnen W35 (35-39) H

Total time: 29:54

Speed: 9.13 km/h

Running performance: 6:34 min/km

Laps: 13 (4.55 km)

Rank in course/Women: 10 (of 10)

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 | 2:14 | 6:22 | 4 | 0:31 | 9 | 0:48 | 0.35 | 2:14 | 6:22 | 5 | 0:31 | 9 | 0:48 | | |
| Lap 2 | 0.35 | 2:17 | 6:31 | 4 | 0:19 | 9 | 1:02 | 0.70 | 4:31 | 6:27 | 5 | 0:50 | 9 | 1:50 | | |
| Lap 3 | 0.35 | 2:18 | 6:34 | 3 | 0:16 | 8 | 0:51 | 1.05 | 6:49 | 6:29 | 5 | 1:06 | 8 | 2:41 | | |
| Lap 4 | 0.35 | 2:19 | 6:37 | 3 | 0:19 | 8 | 0:47 | 1.40 | 9:08 | 6:31 | 5 | 1:23 | 8 | 3:28 | | |
| Lap 5 | 0.35 | 2:22 | 6:45 | 3 | 0:42 | 8 | 0:56 | 1.75 | 11:30 | 6:34 | 5 | 1:46 | 8 | 4:24 | | |
| Lap 6 | 0.35 | 2:23 | 6:48 | 3 | 0:37 | 8 | 1:03 | 2.10 | 13:53 | 6:36 | 5 | 2:23 | 8 | 5:27 | | |
| Lap 7 | 0.35 | 2:22 | 6:45 | 3 | 0:34 | 8 | 0:48 | 2.45 | 16:15 | 6:37 | 5 | 2:57 | 8 | 6:15 | | |
| Lap 8 | 0.35 | 2:21 | 6:42 | 3 | 0:32 | 8 | 0:44 | 2.80 | 18:36 | 6:38 | 5 | 3:29 | 8 | 6:59 | | |
| Lap 9 | 0.35 | 2:26 | 6:57 | 3 | 0:37 | 8 | 0:54 | 3.15 | 21:02 | 6:40 | 5 | 4:06 | 8 | 7:53 | | |
| Lap 10 | 0.35 | 2:26 | 6:57 | 2 | 0:22 | 7 | 1:05 | 3.50 | 23:28 | 6:42 | 5 | 4:04 | 8 | 8:58 | | |
| Lap 11 | 0.35 | 2:23 | 6:48 | 3 | 0:23 | 8 | 0:37 | 3.85 | 25:51 | 6:42 | 5 | 4:27 | 8 | 9:33 | | |
| Lap 12 | 0.35 | 2:12 | 6:17 | 2 | 0:23 | 7 | 0:41 | 4.20 | 28:03 | 6:40 | 5 | 4:50 | 8 | 10:14 | | |
| Lap 13 | 0.35 | 1:51 | 5:17 | 2 | 0:02 | 5 | 0:28 | 4.55 | 29:54 | 6:34 | 5 | 4:52 | 8 | 10:42 | | |