



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

Arnstadt / 20.03.2024

## Detailed evaluation

**Mariko Bechmann**

Club: Lauffeuer Fröttstädt e.V.

Number: 44

Course: 0.35 km/Lap

Stundenlauf

Category:

Seniorinnen W35 (35-39) H

Total time: 59:14

Speed: 10.13 km/h

Running performance: 5:38 min/km

Laps: 30 (10.5 km)

Rank in course/Women: 4 (of 10)

Rank in category: 1(of 4)

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind			
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women		
Lap 1	0.35	2:01	5:45	2		0:18	7	0:35	0.35	2:01	5:45	2		0:18	11	0:35
Lap 2	0.35	2:01	5:45	2		0:03	7	0:46	0.70	4:02	5:45	2		0:21	11	1:21
Lap 3	0.35	2:02	5:48	1		-	6	0:35	1.05	6:04	5:46	2		0:21	11	1:56
Lap 4	0.35	2:00	5:42	1		-	6	0:28	1.40	8:04	5:45	2		0:19	11	2:24
Lap 5	0.35	1:40	4:45	1		-	2	0:14	1.75	9:44	5:33	1		-	11	2:38
Lap 6	0.35	1:46	5:02	1		-	2	0:26	2.10	11:30	5:28	1		-	11	3:04
Lap 7	0.35	1:48	5:08	1		-	4	0:14	2.45	13:18	5:25	1		-	11	3:18
Lap 8	0.35	1:49	5:11	1		-	4	0:12	2.80	15:07	5:23	1		-	11	3:30
Lap 9	0.35	1:49	5:11	1		-	4	0:17	3.15	16:56	5:22	1		-	11	3:47
Lap 10	0.35	2:28	7:02	3		0:24	8	1:07	3.50	19:24	5:32	1		-	11	4:54
Lap 11	0.35	2:00	5:42	1		-	5	0:14	3.85	21:24	5:33	1		-	11	5:06
Lap 12	0.35	1:49	5:11	1		-	4	0:18	4.20	23:13	5:31	1		-	11	5:24
Lap 13	0.35	1:49	5:11	1		-	3	0:26	4.55	25:02	5:30	1		-	11	5:50
Lap 14	0.35	1:50	5:14	1		-	4	0:09	4.90	26:52	5:28	1		-	10	5:59
Lap 15	0.35	1:50	5:14	1		-	4	0:07	5.25	28:42	5:28	1		-	10	6:06
Lap 16	0.35	2:15	6:25	1		-	6	0:43	5.60	30:57	5:31	1		-	10	6:49
Lap 17	0.35	2:16	6:28	1		-	6	0:53	5.95	33:13	5:34	1		-	10	7:42
Lap 18	0.35	1:49	5:11	1		-	3	0:11	6.30	35:02	5:33	1		-	9	7:53
Lap 19	0.35	1:53	5:22	1		-	5	0:08	6.65	36:55	5:33	1		-	9	7:58
Lap 20	0.35	1:50	5:14	1		-	3	0:03	7.00	38:45	5:32	1		-	4	3:09
Lap 21	0.35	1:50	5:14	1		-	3	0:02	7.35	40:35	5:31	1		-	4	3:11
Lap 22	0.35	2:05	5:57	1		-	4	0:17	7.70	42:40	5:32	1		-	4	3:28
Lap 23	0.35	2:37	7:28	3		0:17	7	0:50	8.05	45:17	5:37	1		-	4	4:17
Lap 24	0.35	2:03	5:51	1		-	4	0:17	8.40	47:20	5:38	1		-	4	4:34
Lap 25	0.35	2:02	5:48	1		-	4	0:15	8.75	49:22	5:38	1		-	4	4:48
Lap 26	0.35	2:00	5:42	1		-	4	0:14	9.10	51:22	5:38	1		-	4	5:02
Lap 27	0.35	2:01	5:45	1		-	4	0:13	9.45	53:23	5:38	1		-	4	5:15
Lap 28	0.35	1:59	5:40	1		-	4	0:10	9.80	55:22	5:38	1		-	4	5:25
Lap 29	0.35	1:57	5:34	1		-	4	0:12	10.15	57:19	5:38	1		-	4	5:37
Lap 30	0.35	1:55	5:28	1		-	4	0:08	10.50	59:14	5:38	1		-	4	5:45