



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)

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	2:01	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	