



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

Arnstadt / 20.03.2024

Detailed evaluation

Tina Geyer

Club: IW. IK. IW

Number: 36

Course: 0.35 km/Lap

Stundenlauf

Category:

Seniorinnen W35 (35-39) H

Total time: 58:44

Speed: 8.17 km/h

Running performance: 6:59 min/km

Laps: 24 (8.4 km)

Rank in course/Women: 7 (of 10)

Rank in category: 3(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	2:12	6:17	3	0:29	8	0:46	0.35	2:12	6:17	3	0:29	11	0:46		
Lap 2	0.35	2:15	6:25	3	0:17	8	1:00	0.70	4:27	6:21	3	0:46	11	1:46		
Lap 3	0.35	2:23	6:48	4	0:21	9	0:56	1.05	6:50	6:30	4	1:07	11	2:42		
Lap 4	0.35	2:24	6:51	4	0:24	9	0:52	1.40	9:14	6:35	4	1:29	11	3:34		
Lap 5	0.35	2:28	7:02	4	0:48	9	1:02	1.75	11:42	6:41	4	1:58	11	4:36		
Lap 6	0.35	2:23	6:48	3	0:37	8	1:03	2.10	14:05	6:42	4	2:35	11	5:39		
Lap 7	0.35	2:26	6:57	4	0:38	9	0:52	2.45	16:31	6:44	4	3:13	11	6:31		
Lap 8	0.35	2:29	7:05	4	0:40	9	0:52	2.80	19:00	6:47	4	3:53	11	7:23		
Lap 9	0.35	2:30	7:08	4	0:41	9	0:58	3.15	21:30	6:49	4	4:34	11	8:21		
Lap 10	0.35	2:32	7:14	4	0:28	9	1:11	3.50	24:02	6:52	4	4:38	11	9:32		
Lap 11	0.35	2:32	7:14	4	0:32	9	0:46	3.85	26:34	6:54	4	5:10	11	10:16		
Lap 12	0.35	2:33	7:17	4	0:44	9	1:02	4.20	29:07	6:55	4	5:54	11	11:18		
Lap 13	0.35	2:30	7:08	4	0:41	9	1:07	4.55	31:37	6:56	4	6:35	11	12:25		
Lap 14	0.35	2:32	7:14	3	0:42	8	0:51	4.90	34:09	6:58	3	7:17	10	13:16		
Lap 15	0.35	2:30	7:08	3	0:40	8	0:47	5.25	36:39	6:58	3	7:57	10	14:03		
Lap 16	0.35	2:25	6:54	3	0:10	8	0:53	5.60	39:04	6:58	3	8:07	10	14:56		
Lap 17	0.35	2:29	7:05	3	0:13	8	1:06	5.95	41:33	6:58	3	8:20	10	16:02		
Lap 18	0.35	2:32	7:14	3	0:43	8	0:54	6.30	44:05	6:59	3	9:03	9	16:56		
Lap 19	0.35	2:28	7:02	3	0:35	8	0:43	6.65	46:33	7:00	3	9:38	9	17:36		
Lap 20	0.35	2:28	7:02	3	0:38	7	0:41	7.00	49:01	7:00	3	10:16	7	13:25		
Lap 21	0.35	2:32	7:14	3	0:42	7	0:44	7.35	51:33	7:00	3	10:58	7	14:09		
Lap 22	0.35	2:28	7:02	3	0:23	7	0:40	7.70	54:01	7:00	3	11:21	7	14:49		
Lap 23	0.35	2:26	6:57	2	0:06	6	0:39	8.05	56:27	7:00	3	11:10	7	15:27		
Lap 24	0.35	2:17	6:31	2	0:14	6	0:31	8.40	58:44	6:59	3	11:24	7	15:58		