



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

Arnstadt / 20.03.2024

## Detailed evaluation

Uta Tittelbach-Helmrich

Total time: 58:40

Number: 71

Speed: 11.25 km/h

Course: 0.35 km/Lap

Running performance: 5:04 min/km

Stundenlauf

Laps: 33 (11.55 km)

Category:

Rank in course/Women: 1 (of 10)

Seniorinnen W40 (40-44)

Rank in category: 1(of 1)

Intermediate times				Stage score				Total ranking						
Control	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	1:36	4:34	1	-	2	0:10	0.35	1:36	4:34	1	-	11	0:10
Lap 2	0.35	1:43	4:54	1	-	2	0:28	0.70	3:19	4:44	1	-	11	0:38
Lap 3	0.35	1:48	5:08	1	-	4	0:21	1.05	5:07	4:52	1	-	11	0:59
Lap 4	0.35	1:49	5:11	1	-	3	0:17	1.40	6:56	4:57	1	-	11	1:16
Lap 5	0.35	1:47	5:05	1	-	3	0:21	1.75	8:43	4:58	1	-	11	1:37
Lap 6	0.35	1:48	5:08	1	-	3	0:28	2.10	10:31	5:00	1	-	11	2:05
Lap 7	0.35	1:47	5:05	1	-	3	0:13	2.45	12:18	5:01	1	-	11	2:18
Lap 8	0.35	1:44	4:57	1	-	2	0:07	2.80	14:02	5:00	1	-	11	2:25
Lap 9	0.35	1:47	5:05	1	-	3	0:15	3.15	15:49	5:01	1	-	11	2:40
Lap 10	0.35	1:46	5:02	1	-	2	0:25	3.50	17:35	5:01	1	-	11	3:05
Lap 11	0.35	1:46	5:02	1	-	1	-	3.85	19:21	5:01	1	-	11	3:03
Lap 12	0.35	1:48	5:08	1	-	2	0:17	4.20	21:09	5:02	1	-	11	3:20
Lap 13	0.35	1:48	5:08	1	-	2	0:25	4.55	22:57	5:02	1	-	11	3:45
Lap 14	0.35	1:47	5:05	1	-	3	0:06	4.90	24:44	5:02	1	-	10	3:51
Lap 15	0.35	1:49	5:11	1	-	3	0:06	5.25	26:33	5:03	1	-	10	3:57
Lap 16	0.35	1:50	5:14	1	-	2	0:18	5.60	28:23	5:04	1	-	10	4:15
Lap 17	0.35	1:52	5:20	1	-	3	0:29	5.95	30:15	5:05	1	-	10	4:44
Lap 18	0.35	1:46	5:02	1	-	2	0:08	6.30	32:01	5:04	1	-	9	4:52
Lap 19	0.35	1:46	5:02	1	-	2	0:01	6.65	33:47	5:04	1	-	9	4:50
Lap 20	0.35	1:49	5:11	1	-	2	0:02	7.00	35:36	5:05	1	-	1	-
Lap 21	0.35	1:48	5:08	1	-	1	-	7.35	37:24	5:05	1	-	1	-
Lap 22	0.35	1:48	5:08	1	-	1	-	7.70	39:12	5:05	1	-	1	-
Lap 23	0.35	1:48	5:08	1	-	2	0:01	8.05	41:00	5:05	1	-	1	-
Lap 24	0.35	1:46	5:02	1	-	1	-	8.40	42:46	5:05	1	-	1	-
Lap 25	0.35	1:48	5:08	1	-	2	0:01	8.75	44:34	5:05	1	-	1	-
Lap 26	0.35	1:46	5:02	1	-	1	-	9.10	46:20	5:05	1	-	1	-
Lap 27	0.35	1:48	5:08	1	-	1	-	9.45	48:08	5:05	1	-	1	-
Lap 28	0.35	1:49	5:11	1	-	1	-	9.80	49:57	5:05	1	-	1	-
Lap 29	0.35	1:45	5:00	1	-	1	-	10.15	51:42	5:05	1	-	1	-
Lap 30	0.35	1:47	5:05	1	-	1	-	10.50	53:29	5:05	1	-	1	-



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Intermediate times

Stage score

Total ranking

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	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 31	0.35	1:43	4:54	1	-	1	-	10.85	55:12	5:05	1	-	1	-
Lap 32	0.35	1:46	5:02	1	-	3	0:02	11.20	56:58	5:05	1	-	1	-
Lap 33	0.35	1:42	4:51	1	-	1	-	11.55	58:40	5:04	1	-	1	-