



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

Arnstadt / 20.03.2024

Detailed evaluation

Nicole Beyer

Club: SV Ichttershausen

Number: 47

Course: 0.35 km/Lap

Stundenlauf

Category:

Seniorinnen W45 (45-49)

Total time: 59:30

Speed: 11.09 km/h

Running performance: 5:18 min/km

Laps: 32 (11.2 km)

Rank in course/Women: 3 (of 10)

Rank in category: 1(of 1)

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	1:47	5:05	1	-	6	0:21	0.35	1:47	5:05	1	-	11	0:21	
Lap 2	0.35	1:47	5:05	1	-	4	0:32	0.70	3:34	5:05	1	-	11	0:53	
Lap 3	0.35	1:47	5:05	1	-	2	0:20	1.05	5:21	5:05	1	-	11	1:13	
Lap 4	0.35	1:48	5:08	1	-	2	0:16	1.40	7:09	5:06	1	-	11	1:29	
Lap 5	0.35	1:50	5:14	1	-	5	0:24	1.75	8:59	5:07	1	-	11	1:53	
Lap 6	0.35	1:50	5:14	1	-	4	0:30	2.10	10:49	5:09	1	-	11	2:23	
Lap 7	0.35	1:54	5:25	1	-	5	0:20	2.45	12:43	5:11	1	-	11	2:43	
Lap 8	0.35	1:52	5:20	1	-	5	0:15	2.80	14:35	5:12	1	-	11	2:58	
Lap 9	0.35	1:55	5:28	1	-	5	0:23	3.15	16:30	5:14	1	-	11	3:21	
Lap 10	0.35	1:57	5:34	1	-	4	0:36	3.50	18:27	5:16	1	-	11	3:57	
Lap 11	0.35	1:54	5:25	1	-	4	0:08	3.85	20:21	5:17	1	-	11	4:03	
Lap 12	0.35	1:58	5:37	1	-	5	0:27	4.20	22:19	5:18	1	-	11	4:30	
Lap 13	0.35	1:53	5:22	1	-	6	0:30	4.55	24:12	5:19	1	-	11	5:00	
Lap 14	0.35	1:53	5:22	1	-	5	0:12	4.90	26:05	5:19	1	-	10	5:12	
Lap 15	0.35	1:52	5:20	1	-	5	0:09	5.25	27:57	5:19	1	-	10	5:21	
Lap 16	0.35	1:52	5:20	1	-	4	0:20	5.60	29:49	5:19	1	-	10	5:41	
Lap 17	0.35	1:49	5:11	1	-	2	0:26	5.95	31:38	5:18	1	-	10	6:07	
Lap 18	0.35	1:52	5:20	1	-	5	0:14	6.30	33:30	5:19	1	-	9	6:21	
Lap 19	0.35	1:52	5:20	1	-	4	0:07	6.65	35:22	5:19	1	-	9	6:25	
Lap 20	0.35	1:56	5:31	1	-	4	0:09	7.00	37:18	5:19	1	-	3	1:42	
Lap 21	0.35	1:55	5:28	1	-	4	0:07	7.35	39:13	5:20	1	-	3	1:49	
Lap 22	0.35	1:51	5:17	1	-	3	0:03	7.70	41:04	5:20	1	-	3	1:52	
Lap 23	0.35	1:53	5:22	1	-	3	0:06	8.05	42:57	5:20	1	-	3	1:57	
Lap 24	0.35	1:53	5:22	1	-	3	0:07	8.40	44:50	5:20	1	-	3	2:04	
Lap 25	0.35	1:53	5:22	1	-	3	0:06	8.75	46:43	5:20	1	-	3	2:09	
Lap 26	0.35	1:52	5:20	1	-	3	0:06	9.10	48:35	5:20	1	-	3	2:15	
Lap 27	0.35	1:52	5:20	1	-	3	0:04	9.45	50:27	5:20	1	-	3	2:19	
Lap 28	0.35	1:54	5:25	1	-	3	0:05	9.80	52:21	5:20	1	-	3	2:24	
Lap 29	0.35	1:50	5:14	1	-	3	0:05	10.15	54:11	5:20	1	-	3	2:29	
Lap 30	0.35	1:50	5:14	1	-	3	0:03	10.50	56:01	5:20	1	-	3	2:32	



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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 31	0.35	1:45	5:00	1	-	3	0:02	10.85	57:46	5:19	1	-	3	2:34
Lap 32	0.35	1:44	4:57	1	-	1	-	11.20	59:30	5:18	1	-	3	2:32