



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

Arnstadt / 15.01.2025

Detailed evaluation

Alexandra Lehmann

Total time: 58:26

Number: 127

Speed: 7.19 km/h

Course: 0.49 km/Lap

Running performance: 7:27 min/km

Stundenlauf

Laps: 16 (7.84 km)

Category:

Rank in course/Women: 18 (of 19)

Seniorinnen W30 (30-34)

Rank in category: 3(of 3)

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	0.49	3:03	6:13	3	0:57	17	0:57	0.49	3:03	6:13	3	0:57	17	0:57
Lap 2	0.49	3:10	6:27	3	1:07	16	1:07	0.98	6:13	6:20	3	2:04	16	2:04
Lap 3	0.49	3:16	6:40	3	1:13	17	1:13	1.47	9:29	6:27	3	3:17	17	3:17
Lap 4	0.49	3:25	6:58	3	1:24	17	1:24	1.96	12:54	6:34	3	4:41	17	4:41
Lap 5	0.49	3:32	7:12	3	1:28	18	1:28	2.45	16:26	6:42	3	6:09	17	6:09
Lap 6	0.49	3:37	7:22	3	1:33	18	1:33	2.94	20:03	6:49	3	7:42	17	7:42
Lap 7	0.49	3:45	7:39	3	1:41	18	1:41	3.43	23:48	6:56	3	9:23	17	9:23
Lap 8	0.49	3:45	7:39	3	1:42	18	1:42	3.92	27:33	7:01	3	11:05	17	11:05
Lap 9	0.49	3:47	7:43	3	1:45	18	1:45	4.41	31:20	7:06	3	12:50	18	12:50
Lap 10	0.49	3:49	7:47	3	1:45	18	1:45	4.90	35:09	7:10	3	14:35	18	14:35
Lap 11	0.49	3:50	7:49	3	1:47	18	1:47	5.39	38:59	7:13	3	16:22	18	16:22
Lap 12	0.49	3:56	8:01	3	1:52	18	1:52	5.88	42:55	7:17	3	18:14	18	18:14
Lap 13	0.49	3:48	7:45	3	1:44	18	1:44	6.37	46:43	7:20	3	19:58	18	19:58
Lap 14	0.49	3:57	8:03	3	1:54	19	1:54	6.86	50:40	7:23	3	21:52	18	21:52
Lap 15	0.49	3:53	7:55	3	1:49	18	1:49	7.35	54:33	7:25	3	23:41	18	23:41
Lap 16	0.49	3:53	7:55	3	1:49	18	1:49	7.84	58:26	7:27	3	25:30	18	25:30