



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

Arnstadt / 15.01.2025

Detailed evaluation

Aileen Selig

Total time: 58:59

Number: 145

Speed: 10.17 km/h

Course: 0.49 km/Lap

Running performance: 5:28 min/km

Stundenlauf

Laps: 22 (10.78 km)

Category:

Rank in course/Women: 8 (of 19)

Seniorinnen W40 (40-44)

Rank in category: 3(of 6)

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	2:41	5:28	4	0:20	10	0:35	0.49	2:41	5:28	4	0:20	10	0:35
Lap 2	0.49	2:45	5:36	4	0:21	11	0:42	0.98	5:26	5:32	4	0:39	11	1:17
Lap 3	0.49	2:39	5:24	4	0:12	8	0:36	1.47	8:05	5:29	4	0:47	10	1:53
Lap 4	0.49	2:36	5:18	3	0:07	7	0:35	1.96	10:41	5:27	4	0:54	9	2:28
Lap 5	0.49	2:38	5:22	3	0:08	8	0:34	2.45	13:19	5:26	4	1:01	9	3:02
Lap 6	0.49	2:38	5:22	3	0:09	7	0:34	2.94	15:57	5:25	4	1:10	9	3:36
Lap 7	0.49	2:37	5:20	3	0:11	7	0:33	3.43	18:34	5:24	4	1:21	8	4:09
Lap 8	0.49	2:35	5:16	3	0:05	7	0:32	3.92	21:09	5:23	4	1:26	8	4:41
Lap 9	0.49	2:41	5:28	3	0:12	7	0:39	4.41	23:50	5:24	4	1:38	8	5:20
Lap 10	0.49	2:40	5:26	3	0:11	7	0:36	4.90	26:30	5:24	3	1:49	7	5:56
Lap 11	0.49	2:39	5:24	3	0:10	7	0:36	5.39	29:09	5:24	3	1:59	7	6:32
Lap 12	0.49	2:43	5:32	3	0:09	7	0:39	5.88	31:52	5:25	3	2:08	7	7:11
Lap 13	0.49	2:43	5:32	3	0:10	7	0:39	6.37	34:35	5:25	3	2:18	7	7:50
Lap 14	0.49	2:43	5:32	3	0:10	8	0:40	6.86	37:18	5:26	3	2:28	7	8:30
Lap 15	0.49	2:41	5:28	3	0:08	8	0:37	7.35	39:59	5:26	3	2:36	7	9:07
Lap 16	0.49	2:41	5:28	3	0:09	8	0:37	7.84	42:40	5:26	3	2:45	7	9:44
Lap 17	0.49	2:42	5:30	4	0:12	9	0:40	8.33	45:22	5:26	3	2:50	7	10:24
Lap 18	0.49	2:43	5:32	3	0:16	8	0:41	8.82	48:05	5:27	3	2:56	7	11:05
Lap 19	0.49	2:44	5:34	3	0:13	8	0:39	9.31	50:49	5:27	3	3:09	7	11:44
Lap 20	0.49	2:44	5:34	3	0:12	8	0:41	9.80	53:33	5:27	3	3:17	7	12:25
Lap 21	0.49	2:43	5:32	3	0:14	8	0:40	10.29	56:16	5:28	3	3:23	8	13:05
Lap 22	0.49	2:43	5:32	4	0:13	9	0:40	10.78	58:59	5:28	3	3:36	8	13:45