



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

Arnstadt / 15.01.2025

Detailed evaluation

Anja Kiefer

Club: Hügeltang

Number: 122

Course: 0.49 km/Lap

Stundenlauf

Category:

Seniorinnen W40 (40-44)

Total time: 59:07

Speed: 10.15 km/h

Running performance: 5:29 min/km

Laps: 22 (10.78 km)

Rank in course/Women: 9 (of 19)

Rank in category: 4(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 | 2:30 | 5:06 | 3 | 0:09 | 8 | 0:24 | 0.49 | 2:30 | 5:06 | 3 | 0:09 | 8 | 0:24 |
| Lap 2 | 0.49 | 2:32 | 5:10 | 3 | 0:08 | 7 | 0:29 | 0.98 | 5:02 | 5:08 | 3 | 0:15 | 7 | 0:53 |
| Lap 3 | 0.49 | 2:36 | 5:18 | 3 | 0:09 | 7 | 0:33 | 1.47 | 7:38 | 5:11 | 3 | 0:20 | 7 | 1:26 |
| Lap 4 | 0.49 | 2:38 | 5:22 | 4 | 0:09 | 9 | 0:37 | 1.96 | 10:16 | 5:14 | 3 | 0:29 | 7 | 2:03 |
| Lap 5 | 0.49 | 2:40 | 5:26 | 5 | 0:10 | 10 | 0:36 | 2.45 | 12:56 | 5:16 | 3 | 0:38 | 7 | 2:39 |
| Lap 6 | 0.49 | 2:41 | 5:28 | 4 | 0:12 | 9 | 0:37 | 2.94 | 15:37 | 5:18 | 3 | 0:50 | 7 | 3:16 |
| Lap 7 | 0.49 | 2:42 | 5:30 | 4 | 0:16 | 9 | 0:38 | 3.43 | 18:19 | 5:20 | 3 | 1:06 | 7 | 3:54 |
| Lap 8 | 0.49 | 2:42 | 5:30 | 4 | 0:12 | 9 | 0:39 | 3.92 | 21:01 | 5:21 | 3 | 1:18 | 7 | 4:33 |
| Lap 9 | 0.49 | 2:45 | 5:36 | 4 | 0:16 | 10 | 0:43 | 4.41 | 23:46 | 5:23 | 3 | 1:34 | 7 | 5:16 |
| Lap 10 | 0.49 | 2:45 | 5:36 | 4 | 0:16 | 10 | 0:41 | 4.90 | 26:31 | 5:24 | 4 | 1:50 | 8 | 5:57 |
| Lap 11 | 0.49 | 2:44 | 5:34 | 4 | 0:15 | 8 | 0:41 | 5.39 | 29:15 | 5:25 | 4 | 2:05 | 8 | 6:38 |
| Lap 12 | 0.49 | 2:43 | 5:32 | 3 | 0:09 | 7 | 0:39 | 5.88 | 31:58 | 5:26 | 4 | 2:14 | 8 | 7:17 |
| Lap 13 | 0.49 | 2:45 | 5:36 | 4 | 0:12 | 9 | 0:41 | 6.37 | 34:43 | 5:27 | 4 | 2:26 | 8 | 7:58 |
| Lap 14 | 0.49 | 2:45 | 5:36 | 4 | 0:12 | 9 | 0:42 | 6.86 | 37:28 | 5:27 | 4 | 2:38 | 8 | 8:40 |
| Lap 15 | 0.49 | 2:41 | 5:28 | 3 | 0:08 | 8 | 0:37 | 7.35 | 40:09 | 5:27 | 4 | 2:46 | 8 | 9:17 |
| Lap 16 | 0.49 | 2:42 | 5:30 | 4 | 0:10 | 9 | 0:38 | 7.84 | 42:51 | 5:27 | 4 | 2:56 | 8 | 9:55 |
| Lap 17 | 0.49 | 2:36 | 5:18 | 2 | 0:06 | 6 | 0:34 | 8.33 | 45:27 | 5:27 | 4 | 2:55 | 8 | 10:29 |
| Lap 18 | 0.49 | 2:47 | 5:40 | 4 | 0:20 | 10 | 0:45 | 8.82 | 48:14 | 5:28 | 4 | 3:05 | 8 | 11:14 |
| Lap 19 | 0.49 | 2:46 | 5:38 | 4 | 0:15 | 10 | 0:41 | 9.31 | 51:00 | 5:28 | 4 | 3:20 | 8 | 11:55 |
| Lap 20 | 0.49 | 2:44 | 5:34 | 3 | 0:12 | 8 | 0:41 | 9.80 | 53:44 | 5:28 | 4 | 3:28 | 8 | 12:36 |
| Lap 21 | 0.49 | 2:45 | 5:36 | 4 | 0:16 | 10 | 0:42 | 10.29 | 56:29 | 5:29 | 4 | 3:36 | 9 | 13:18 |
| Lap 22 | 0.49 | 2:38 | 5:22 | 3 | 0:08 | 8 | 0:35 | 10.78 | 59:07 | 5:29 | 4 | 3:44 | 9 | 13:53 |