



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

Arnstadt / 15.01.2025

### Detailed evaluation

Stephanie Erdmann

Total time: 58:10

Number: 108

Speed: 10.32 km/h

Course: 0.49 km/Lap

Running performance: 5:39 min/km

Stundenlauf

Laps: 21 (10.29 km)

Category:

Rank in course/Women: 11 (of 19)

Seniorinnen W45 (45-49)

Rank in category: 1(of 3)

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	Total km	Total Time				Pos Women	Behind Women
Lap 1	0.49	2:28	5:02	1	-	6	0:22	0.49	2:28	5:02	1	-	6	0:22
Lap 2	0.49	2:35	5:16	1	-	8	0:32	0.98	5:03	5:09	1	-	8	0:54
Lap 3	0.49	2:42	5:30	1	-	11	0:39	1.47	7:45	5:16	1	-	8	1:33
Lap 4	0.49	2:42	5:30	1	-	10	0:41	1.96	10:27	5:19	1	-	8	2:14
Lap 5	0.49	2:44	5:34	1	-	11	0:40	2.45	13:11	5:22	1	-	8	2:54
Lap 6	0.49	2:41	5:28	1	-	9	0:37	2.94	15:52	5:23	1	-	8	3:31
Lap 7	0.49	2:43	5:32	1	-	10	0:39	3.43	18:35	5:25	1	-	9	4:10
Lap 8	0.49	2:45	5:36	1	-	10	0:42	3.92	21:20	5:26	1	-	9	4:52
Lap 9	0.49	2:45	5:36	1	-	10	0:43	4.41	24:05	5:27	1	-	9	5:35
Lap 10	0.49	2:48	5:42	1	-	12	0:44	4.90	26:53	5:29	1	-	10	6:19
Lap 11	0.49	2:50	5:46	1	-	12	0:47	5.39	29:43	5:30	1	-	10	7:06
Lap 12	0.49	2:51	5:48	1	-	12	0:47	5.88	32:34	5:32	1	-	10	7:53
Lap 13	0.49	2:48	5:42	1	-	12	0:44	6.37	35:22	5:33	1	-	10	8:37
Lap 14	0.49	2:52	5:51	1	-	12	0:49	6.86	38:14	5:34	1	-	11	9:26
Lap 15	0.49	2:50	5:46	1	-	12	0:46	7.35	41:04	5:35	1	-	11	10:12
Lap 16	0.49	2:50	5:46	1	-	12	0:46	7.84	43:54	5:35	1	-	11	10:58
Lap 17	0.49	2:52	5:51	1	-	12	0:50	8.33	46:46	5:36	1	-	11	11:48
Lap 18	0.49	2:52	5:51	1	-	11	0:50	8.82	49:38	5:37	1	-	11	12:38
Lap 19	0.49	2:51	5:48	1	-	11	0:46	9.31	52:29	5:38	1	-	11	13:24
Lap 20	0.49	2:52	5:51	1	-	11	0:49	9.80	55:21	5:38	1	-	11	14:13
Lap 21	0.49	2:49	5:44	1	-	11	0:46	10.29	58:10	5:39	1	-	11	14:59