



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

Arnstadt / 21.02.2024

## Exploitation détaillée

**Katja Voigtmann**

Association: VfB Torpedo Ichtershausen

Dossard: 78

Circuit: 0.35 km/Tour

Stundenlauf

Catégorie:

Seniorinnen W30 (30-34)

Temps total: 59:18

Vitesse: 13.46 km/h

Kilométrage: 4:27 min/km

Tours: 38 (13.3 km)

Place par parcours/Femmes: 1 (de 13)

Place par catégorie: 1(de 2)

| Poste   | Temps intermédiaires |             |              |             |              |             |               | Résultats d'étape |             |              |             |              |             |               | Résultat total |  |  |  |
|---------|----------------------|-------------|--------------|-------------|--------------|-------------|---------------|-------------------|-------------|--------------|-------------|--------------|-------------|---------------|----------------|--|--|--|
|         | Etape km             | Etape Temps | Etape min/km | Place catg. | Retard catg. | Place Femme | Retard Femmes | Total km          | Total Temps | Total min/km | Place catg. | Retard catg. | Place Femme | Retard Femmes |                |  |  |  |
| Tour 1  | 0.35                 | 1:30        | 4:17         | 1           | -            | 1           | -             | 0.35              | 1:30        | 4:17         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 2  | 0.35                 | 1:27        | 4:08         | 1           | -            | 1           | -             | 0.70              | 2:57        | 4:12         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 3  | 0.35                 | 1:25        | 4:02         | 1           | -            | 1           | -             | 1.05              | 4:22        | 4:09         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 4  | 0.35                 | 1:46        | 5:02         | 1           | -            | 1           | -             | 1.40              | 6:08        | 4:22         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 5  | 0.35                 | 1:24        | 4:00         | 1           | -            | 1           | -             | 1.75              | 7:32        | 4:18         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 6  | 0.35                 | 1:25        | 4:02         | 1           | -            | 1           | -             | 2.10              | 8:57        | 4:15         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 7  | 0.35                 | 1:27        | 4:08         | 1           | -            | 1           | -             | 2.45              | 10:24       | 4:14         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 8  | 0.35                 | 1:49        | 5:11         | 1           | -            | 1           | -             | 2.80              | 12:13       | 4:21         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 9  | 0.35                 | 1:26        | 4:05         | 1           | -            | 1           | -             | 3.15              | 13:39       | 4:20         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 10 | 0.35                 | 1:26        | 4:05         | 1           | -            | 1           | -             | 3.50              | 15:05       | 4:18         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 11 | 0.35                 | 1:27        | 4:08         | 1           | -            | 1           | -             | 3.85              | 16:32       | 4:17         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 12 | 0.35                 | 1:50        | 5:14         | 1           | -            | 2           | 0:01          | 4.20              | 18:22       | 4:22         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 13 | 0.35                 | 1:26        | 4:05         | 1           | -            | 1           | -             | 4.55              | 19:48       | 4:21         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 14 | 0.35                 | 1:28        | 4:11         | 1           | -            | 1           | -             | 4.90              | 21:16       | 4:20         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 15 | 0.35                 | 1:27        | 4:08         | 1           | -            | 1           | -             | 5.25              | 22:43       | 4:19         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 16 | 0.35                 | 1:53        | 5:22         | 1           | -            | 2           | 0:02          | 5.60              | 24:36       | 4:23         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 17 | 0.35                 | 1:28        | 4:11         | 1           | -            | 1           | -             | 5.95              | 26:04       | 4:22         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 18 | 0.35                 | 1:29        | 4:14         | 1           | -            | 1           | -             | 6.30              | 27:33       | 4:22         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 19 | 0.35                 | 1:28        | 4:11         | 1           | -            | 1           | -             | 6.65              | 29:01       | 4:21         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 20 | 0.35                 | 1:55        | 5:28         | 1           | -            | 2           | 0:02          | 7.00              | 30:56       | 4:25         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 21 | 0.35                 | 1:27        | 4:08         | 1           | -            | 1           | -             | 7.35              | 32:23       | 4:24         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 22 | 0.35                 | 1:28        | 4:11         | 1           | -            | 1           | -             | 7.70              | 33:51       | 4:23         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 23 | 0.35                 | 1:28        | 4:11         | 1           | -            | 1           | -             | 8.05              | 35:19       | 4:23         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 24 | 0.35                 | 1:54        | 5:25         | 1           | -            | 1           | -             | 8.40              | 37:13       | 4:25         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 25 | 0.35                 | 1:29        | 4:14         | 1           | -            | 1           | -             | 8.75              | 38:42       | 4:25         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 26 | 0.35                 | 1:29        | 4:14         | 1           | -            | 1           | -             | 9.10              | 40:11       | 4:24         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 27 | 0.35                 | 1:29        | 4:14         | 1           | -            | 1           | -             | 9.45              | 41:40       | 4:24         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 28 | 0.35                 | 1:56        | 5:31         | 1           | -            | 3           | 0:02          | 9.80              | 43:36       | 4:26         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 29 | 0.35                 | 1:31        | 4:19         | 1           | -            | 1           | -             | 10.15             | 45:07       | 4:26         | 1           | -            | 1           | -             |                |  |  |  |
| Tour 30 | 0.35                 | 1:29        | 4:14         | 1           | -            | 1           | -             | 10.50             | 46:36       | 4:26         | 1           | -            | 1           | -             |                |  |  |  |



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Temps intermédiaires

Résultats d'étape

Résultat total

| Poste   | Temps intermédiaires |             |              | Résultats d'étape |              |             |               | Résultat total |             |              |             |              |             |               |
|---------|----------------------|-------------|--------------|-------------------|--------------|-------------|---------------|----------------|-------------|--------------|-------------|--------------|-------------|---------------|
|         | Etape km             | Etape Temps | Etape min/km | Place catg.       | Retard catg. | Place Femme | Retard Femmes | Total km       | Total Temps | Total min/km | Place catg. | Retard catg. | Place Femme | Retard Femmes |
| Tour 31 | 0.35                 | 1:28        | 4:11         | 1                 | -            | 1           | -             | 10.85          | 48:04       | 4:25         | 1           | -            | 1           | -             |
| Tour 32 | 0.35                 | 1:58        | 5:37         | 1                 | -            | 2           | 0:13          | 11.20          | 50:02       | 4:28         | 1           | -            | 1           | -             |
| Tour 33 | 0.35                 | 1:30        | 4:17         | 1                 | -            | 1           | -             | 11.55          | 51:32       | 4:27         | 1           | -            | 1           | -             |
| Tour 34 | 0.35                 | 1:31        | 4:19         | 1                 | -            | 1           | -             | 11.90          | 53:03       | 4:27         | 1           | -            | 1           | -             |
| Tour 35 | 0.35                 | 1:28        | 4:11         | 1                 | -            | 1           | -             | 12.25          | 54:31       | 4:27         | 1           | -            | 1           | -             |
| Tour 36 | 0.35                 | 1:52        | 5:20         | 1                 | -            | 1           | -             | 12.60          | 56:23       | 4:28         | 1           | -            | 1           | -             |
| Tour 37 | 0.35                 | 1:27        | 4:08         | 1                 | -            | 1           | -             | 12.95          | 57:50       | 4:27         | 1           | -            | 1           | -             |
| Tour 38 | 0.35                 | 1:28        | 4:11         | 1                 | -            | 1           | -             | 13.30          | 59:18       | 4:27         | 1           | -            | 1           | -             |