



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

Arnstadt / 31.01.2024

Detailed evaluation

Julius Lehmann

Club: LSV LOK Arnstadt

Number: 61

Course: 0.35 km/Lap

Stundenlauf

Category:

männliche Jugend U20 (18/19)

Total time: 58:52

Speed: 14.27 km/h

Running performance: 4:00 min/km

Laps: 42 (14.7 km)

Rank in course/Men: 2 (of 44)

Rank in category: 1(of 1)

Intermediate times								Stage score				Total ranking			
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	0.35	1:14	3:31	1	-	1	-	0.35	1:14	3:31	1	-	1	-	
Lap 2	0.35	1:21	3:51	1	-	1	-	0.70	2:35	3:41	1	-	1	-	
Lap 3	0.35	1:22	3:54	1	-	3	0:01	1.05	3:57	3:45	1	-	1	-	
Lap 4	0.35	1:21	3:51	1	-	1	-	1.40	5:18	3:47	1	-	1	-	
Lap 5	0.35	1:22	3:54	1	-	1	-	1.75	6:40	3:48	1	-	1	-	
Lap 6	0.35	1:23	3:57	1	-	1	-	2.10	8:03	3:50	1	-	1	-	
Lap 7	0.35	1:22	3:54	1	-	1	-	2.45	9:25	3:50	1	-	1	-	
Lap 8	0.35	1:24	4:00	1	-	2	0:01	2.80	10:49	3:51	1	-	1	-	
Lap 9	0.35	1:25	4:02	1	-	4	0:04	3.15	12:14	3:53	1	-	1	-	
Lap 10	0.35	1:24	4:00	1	-	2	0:02	3.50	13:38	3:53	1	-	1	-	
Lap 11	0.35	1:24	4:00	1	-	2	0:01	3.85	15:02	3:54	1	-	1	-	
Lap 12	0.35	1:23	3:57	1	-	2	0:02	4.20	16:25	3:54	1	-	1	-	
Lap 13	0.35	1:23	3:57	1	-	2	0:02	4.55	17:48	3:54	1	-	1	-	
Lap 14	0.35	1:22	3:54	1	-	2	0:01	4.90	19:10	3:54	1	-	1	-	
Lap 15	0.35	1:23	3:57	1	-	2	0:01	5.25	20:33	3:54	1	-	2	0:01	
Lap 16	0.35	1:22	3:54	1	-	1	-	5.60	21:55	3:54	1	-	1	-	
Lap 17	0.35	1:23	3:57	1	-	1	-	5.95	23:18	3:54	1	-	1	-	
Lap 18	0.35	1:25	4:02	1	-	2	0:01	6.30	24:43	3:55	1	-	1	-	
Lap 19	0.35	1:24	4:00	1	-	2	0:02	6.65	26:07	3:55	1	-	2	0:01	
Lap 20	0.35	1:20	3:48	1	-	1	-	7.00	27:27	3:55	1	-	1	-	
Lap 21	0.35	1:22	3:54	1	-	1	-	7.35	28:49	3:55	1	-	1	-	
Lap 22	0.35	1:23	3:57	1	-	1	-	7.70	30:12	3:55	1	-	1	-	
Lap 23	0.35	1:27	4:08	1	-	3	0:05	8.05	31:39	3:55	1	-	2	0:05	
Lap 24	0.35	1:27	4:08	1	-	2	0:06	8.40	33:06	3:56	1	-	2	0:11	
Lap 25	0.35	1:28	4:11	1	-	3	0:08	8.75	34:34	3:57	1	-	2	0:19	
Lap 26	0.35	1:28	4:11	1	-	5	0:07	9.10	36:02	3:57	1	-	2	0:26	
Lap 27	0.35	1:25	4:02	1	-	2	0:04	9.45	37:27	3:57	1	-	2	0:30	
Lap 28	0.35	1:26	4:05	1	-	3	0:04	9.80	38:53	3:58	1	-	2	0:34	
Lap 29	0.35	1:28	4:11	1	-	4	0:06	10.15	40:21	3:58	1	-	2	0:40	
Lap 30	0.35	1:26	4:05	1	-	2	0:05	10.50	41:47	3:58	1	-	2	0:45	



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Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 31	0.35	1:28	4:11	1	-	4	0:06	10.85	43:15	3:59	1	-	2	0:51
Lap 32	0.35	1:27	4:08	1	-	3	0:07	11.20	44:42	3:59	1	-	2	0:58
Lap 33	0.35	1:27	4:08	1	-	3	0:05	11.55	46:09	3:59	1	-	2	1:03
Lap 34	0.35	1:27	4:08	1	-	4	0:05	11.90	47:36	4:00	1	-	2	1:08
Lap 35	0.35	1:27	4:08	1	-	4	0:05	12.25	49:03	4:00	1	-	2	1:13
Lap 36	0.35	1:25	4:02	1	-	2	0:04	12.60	50:28	4:00	1	-	2	1:17
Lap 37	0.35	1:22	3:54	1	-	2	0:02	12.95	51:50	4:00	1	-	2	1:19
Lap 38	0.35	1:27	4:08	1	-	4	0:07	13.30	53:17	4:00	1	-	2	1:26
Lap 39	0.35	1:26	4:05	1	-	4	0:07	13.65	54:43	4:00	1	-	2	1:33
Lap 40	0.35	1:22	3:54	1	-	2	0:01	14.00	56:05	4:00	1	-	2	1:34
Lap 41	0.35	1:25	4:02	1	-	3	0:04	14.35	57:30	4:00	1	-	2	1:37
Lap 42	0.35	1:22	3:54	1	-	3	0:02	14.70	58:52	4:00	1	-	2	1:38