



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

Arnstadt / 31.01.2024

Detailed evaluation

Arndt Vincent Hartig

Club: Wasserwacht Arnstadt

Number: 51

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M30 (30-34)

Total time: 59:09

Speed: 11.16 km/h

Running performance: 5:07 min/km

Laps: 33 (11.55 km)

Rank in course/Men: 21 (of 44)

Rank in category: 2(of 3)

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	1:44	4:57	2	0:29	19	0:30	0.35	1:44	4:57	2	0:29	19	0:30
Lap 2	0.35	1:43	4:54	2	0:19	22	0:22	0.70	3:27	4:55	2	0:48	23	0:52
Lap 3	0.35	1:45	5:00	2	0:21	23	0:24	1.05	5:12	4:57	2	1:09	24	1:15
Lap 4	0.35	1:44	4:57	2	0:20	15	0:23	1.40	6:56	4:57	2	1:29	24	1:38
Lap 5	0.35	1:44	4:57	2	0:17	16	0:22	1.75	8:40	4:57	2	1:46	20	2:00
Lap 6	0.35	1:45	5:00	2	0:18	16	0:22	2.10	10:25	4:57	2	2:04	19	2:22
Lap 7	0.35	1:44	4:57	2	0:16	14	0:22	2.45	12:09	4:57	2	2:20	19	2:44
Lap 8	0.35	1:45	5:00	2	0:16	15	0:22	2.80	13:54	4:57	2	2:36	19	3:05
Lap 9	0.35	1:47	5:05	2	0:16	18	0:26	3.15	15:41	4:58	2	2:52	19	3:27
Lap 10	0.35	1:47	5:05	2	0:19	22	0:25	3.50	17:28	4:59	2	3:11	19	3:50
Lap 11	0.35	1:46	5:02	2	0:16	16	0:23	3.85	19:14	4:59	2	3:27	19	4:12
Lap 12	0.35	1:44	4:57	2	0:14	16	0:23	4.20	20:58	4:59	2	3:41	20	4:33
Lap 13	0.35	1:46	5:02	2	0:17	16	0:25	4.55	22:44	4:59	2	3:58	20	4:56
Lap 14	0.35	1:48	5:08	2	0:17	18	0:27	4.90	24:32	5:00	2	4:15	20	5:22
Lap 15	0.35	1:50	5:14	2	0:23	20	0:28	5.25	26:22	5:01	2	4:38	19	5:50
Lap 16	0.35	1:51	5:17	2	0:24	21	0:29	5.60	28:13	5:02	2	5:02	19	6:18
Lap 17	0.35	1:53	5:22	2	0:24	23	0:30	5.95	30:06	5:03	2	5:26	19	6:48
Lap 18	0.35	1:53	5:22	2	0:23	24	0:29	6.30	31:59	5:04	2	5:49	19	7:16
Lap 19	0.35	1:51	5:17	2	0:22	22	0:29	6.65	33:50	5:05	2	6:11	20	7:44
Lap 20	0.35	1:52	5:20	2	0:24	25	0:32	7.00	35:42	5:06	2	6:35	20	8:15
Lap 21	0.35	1:53	5:22	2	0:24	23	0:31	7.35	37:35	5:06	2	6:59	20	8:46
Lap 22	0.35	1:52	5:20	2	0:25	22	0:29	7.70	39:27	5:07	2	7:24	20	9:15
Lap 23	0.35	1:53	5:22	2	0:26	22	0:31	8.05	41:20	5:08	2	7:50	20	9:46
Lap 24	0.35	1:53	5:22	2	0:25	22	0:32	8.40	43:13	5:08	2	8:15	20	10:18
Lap 25	0.35	1:52	5:20	2	0:23	21	0:32	8.75	45:05	5:09	2	8:38	20	10:50
Lap 26	0.35	1:51	5:17	2	0:26	21	0:30	9.10	46:56	5:09	2	9:04	20	11:20
Lap 27	0.35	1:52	5:20	2	0:25	23	0:31	9.45	48:48	5:09	2	9:29	21	11:51
Lap 28	0.35	1:50	5:14	2	0:22	21	0:28	9.80	50:38	5:10	2	9:51	21	12:19
Lap 29	0.35	1:44	4:57	2	0:12	13	0:22	10.15	52:22	5:09	2	10:03	21	12:41
Lap 30	0.35	1:47	5:05	2	0:16	19	0:26	10.50	54:09	5:09	2	10:19	21	13:07



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Lap 31	0.35	1:37	4:37	2	0:06	8	0:15	10.85	55:46	5:08	2	10:25	21	13:22
Lap 32	0.35	1:44	4:57	2	0:11	19	0:24	11.20	57:30	5:08	2	10:36	21	13:46
Lap 33	0.35	1:39	4:42	2	0:07	13	0:17	11.55	59:09	5:07	2	10:43	20	14:03