



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

Arnstadt / 31.01.2024

Detailed evaluation

Roman Freitag

Total time: 59:04

Club: GutsMuths-Rennsteiglaufverein / TrailrunningSpeed: 14.22 km/h

Number: 39

Running performance: 4:01 min/km

Course: 0.35 km/Lap

Laps: 42 (14.7 km)

Stundenlauf

Rank in course/Men: 3 (of 44)

Category:

Rank in category: 1(of 7)

Senioren M35 (35-39)

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



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Lap 31	0.35	1:24	4:00	1	-	2	0:02	10.85	43:45	4:01	1	-	3	1:21
Lap 32	0.35	1:25	4:02	1	-	2	0:05	11.20	45:10	4:01	1	-	3	1:26
Lap 33	0.35	1:26	4:05	1	-	2	0:04	11.55	46:36	4:02	1	-	3	1:30
Lap 34	0.35	1:24	4:00	1	-	2	0:02	11.90	48:00	4:02	1	-	3	1:32
Lap 35	0.35	1:23	3:57	1	-	2	0:01	12.25	49:23	4:01	1	-	3	1:33
Lap 36	0.35	1:25	4:02	1	-	2	0:04	12.60	50:48	4:01	1	-	3	1:37
Lap 37	0.35	1:24	4:00	1	-	3	0:04	12.95	52:12	4:01	1	-	3	1:41
Lap 38	0.35	1:26	4:05	1	-	3	0:06	13.30	53:38	4:01	1	-	3	1:47
Lap 39	0.35	1:22	3:54	1	-	2	0:03	13.65	55:00	4:01	1	-	3	1:50
Lap 40	0.35	1:23	3:57	1	-	3	0:02	14.00	56:23	4:01	1	-	3	1:52
Lap 41	0.35	1:21	3:51	1	-	1	-	14.35	57:44	4:01	1	-	3	1:51
Lap 42	0.35	1:20	3:48	1	-	1	-	14.70	59:04	4:01	1	-	3	1:50