



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

Arnstadt / 31.01.2024

Detailed evaluation

Markus Stöhr

Total time: 59:06

Number: 44

Speed: 13.86 km/h

Course: 0.35 km/Lap

Running performance: 4:19 min/km

Stundenlauf

Laps: 39 (13.65 km)

Category:

Rank in course/Men: 6 (of 44)

Senioren M35 (35-39)

Rank in category: 2(of 7)

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	1:39	4:42	2	0:25	10	0:25	0.35	1:39	4:42	2	0:25	10	0:25
Lap 2	0.35	1:27	4:08	2	0:03	6	0:06	0.70	3:06	4:25	2	0:28	7	0:31
Lap 3	0.35	1:28	4:11	2	0:07	6	0:07	1.05	4:34	4:20	2	0:35	7	0:37
Lap 4	0.35	1:30	4:17	2	0:08	6	0:09	1.40	6:04	4:19	2	0:43	7	0:46
Lap 5	0.35	1:38	4:40	2	0:15	10	0:16	1.75	7:42	4:24	2	0:58	7	1:02
Lap 6	0.35	1:33	4:25	2	0:08	6	0:10	2.10	9:15	4:24	2	1:06	6	1:12
Lap 7	0.35	1:28	4:11	2	0:02	5	0:06	2.45	10:43	4:22	2	1:08	6	1:18
Lap 8	0.35	1:28	4:11	2	0:02	5	0:05	2.80	12:11	4:21	2	1:10	6	1:22
Lap 9	0.35	1:24	4:00	2	0:02	3	0:03	3.15	13:35	4:18	2	1:12	6	1:21
Lap 10	0.35	1:26	4:05	2	0:01	4	0:04	3.50	15:01	4:17	2	1:13	6	1:23
Lap 11	0.35	1:27	4:08	2	0:01	5	0:04	3.85	16:28	4:16	2	1:14	6	1:26
Lap 12	0.35	1:28	4:11	2	0:02	5	0:07	4.20	17:56	4:16	2	1:16	6	1:31
Lap 13	0.35	1:27	4:08	1	-	4	0:06	4.55	19:23	4:15	2	1:16	6	1:35
Lap 14	0.35	1:29	4:14	2	0:03	4	0:08	4.90	20:52	4:15	2	1:19	6	1:42
Lap 15	0.35	1:29	4:14	2	0:04	6	0:07	5.25	22:21	4:15	2	1:23	6	1:49
Lap 16	0.35	1:31	4:19	2	0:08	6	0:09	5.60	23:52	4:15	2	1:31	6	1:57
Lap 17	0.35	1:30	4:17	2	0:05	5	0:07	5.95	25:22	4:15	2	1:36	6	2:04
Lap 18	0.35	1:32	4:22	2	0:06	6	0:08	6.30	26:54	4:16	2	1:42	6	2:11
Lap 19	0.35	1:29	4:14	2	0:03	5	0:07	6.65	28:23	4:16	2	1:45	6	2:17
Lap 20	0.35	1:33	4:25	2	0:07	7	0:13	7.00	29:56	4:16	2	1:52	6	2:29
Lap 21	0.35	1:32	4:22	2	0:07	6	0:10	7.35	31:28	4:16	2	1:59	6	2:39
Lap 22	0.35	1:31	4:19	2	0:04	6	0:08	7.70	32:59	4:17	2	2:03	6	2:47
Lap 23	0.35	1:32	4:22	2	0:06	6	0:10	8.05	34:31	4:17	2	2:09	6	2:57
Lap 24	0.35	1:31	4:19	2	0:04	6	0:10	8.40	36:02	4:17	2	2:13	6	3:07
Lap 25	0.35	1:33	4:25	2	0:08	6	0:13	8.75	37:35	4:17	2	2:21	6	3:20
Lap 26	0.35	1:33	4:25	2	0:08	6	0:12	9.10	39:08	4:18	2	2:29	6	3:32
Lap 27	0.35	1:33	4:25	2	0:08	7	0:12	9.45	40:41	4:18	2	2:37	6	3:44
Lap 28	0.35	1:33	4:25	2	0:08	7	0:11	9.80	42:14	4:18	2	2:45	6	3:55
Lap 29	0.35	1:33	4:25	2	0:07	6	0:11	10.15	43:47	4:18	2	2:52	6	4:06
Lap 30	0.35	1:32	4:22	2	0:06	6	0:11	10.50	45:19	4:18	2	2:58	6	4:17



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Lap 31	0.35	1:33	4:25	2	0:09	6	0:11	10.85	46:52	4:19	2	3:07	6	4:28
Lap 32	0.35	1:34	4:28	2	0:09	7	0:14	11.20	48:26	4:19	2	3:16	6	4:42
Lap 33	0.35	1:32	4:22	2	0:06	5	0:10	11.55	49:58	4:19	2	3:22	6	4:52
Lap 34	0.35	1:30	4:17	2	0:06	6	0:08	11.90	51:28	4:19	2	3:28	6	5:00
Lap 35	0.35	1:28	4:11	2	0:05	5	0:06	12.25	52:56	4:19	2	3:33	6	5:06
Lap 36	0.35	1:32	4:22	2	0:07	7	0:11	12.60	54:28	4:19	2	3:40	6	5:17
Lap 37	0.35	1:34	4:28	2	0:10	7	0:14	12.95	56:02	4:19	2	3:50	6	5:31
Lap 38	0.35	1:32	4:22	2	0:06	6	0:12	13.30	57:34	4:19	2	3:56	6	5:43
Lap 39	0.35	1:32	4:22	2	0:10	5	0:13	13.65	59:06	4:19	2	4:06	6	5:56