



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

Arnstadt / 31.01.2024

Detailed evaluation

Philipp Wagner

Club: Hohe-Buchen-Lauf.de

Number: 89

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M35 (35-39)

Total time: 58:26

Speed: 10.27 km/h

Running performance: 5:33 min/km

Laps: 30 (10.5 km)

Rank in course/Men: 33 (of 44)

Rank in category: 4(of 7)

| 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 | 1:43 | 4:54 | 3 | 0:29 | 18 | 0:29 | 0.35 | 1:43 | 4:54 | 3 | 0:29 | 18 | 0:29 |
| Lap 2 | 0.35 | 1:41 | 4:48 | 4 | 0:17 | 19 | 0:20 | 0.70 | 3:24 | 4:51 | 4 | 0:46 | 19 | 0:49 |
| Lap 3 | 0.35 | 1:41 | 4:48 | 3 | 0:20 | 14 | 0:20 | 1.05 | 5:05 | 4:50 | 4 | 1:06 | 18 | 1:08 |
| Lap 4 | 0.35 | 1:47 | 5:05 | 4 | 0:25 | 22 | 0:26 | 1.40 | 6:52 | 4:54 | 4 | 1:31 | 19 | 1:34 |
| Lap 5 | 0.35 | 1:51 | 5:17 | 5 | 0:28 | 31 | 0:29 | 1.75 | 8:43 | 4:58 | 4 | 1:59 | 22 | 2:03 |
| Lap 6 | 0.35 | 1:56 | 5:31 | 5 | 0:31 | 32 | 0:33 | 2.10 | 10:39 | 5:04 | 4 | 2:30 | 23 | 2:36 |
| Lap 7 | 0.35 | 1:53 | 5:22 | 4 | 0:27 | 30 | 0:31 | 2.45 | 12:32 | 5:06 | 4 | 2:57 | 24 | 3:07 |
| Lap 8 | 0.35 | 1:54 | 5:25 | 4 | 0:28 | 31 | 0:31 | 2.80 | 14:26 | 5:09 | 4 | 3:25 | 24 | 3:37 |
| Lap 9 | 0.35 | 1:57 | 5:34 | 5 | 0:35 | 33 | 0:36 | 3.15 | 16:23 | 5:12 | 4 | 4:00 | 24 | 4:09 |
| Lap 10 | 0.35 | 1:59 | 5:40 | 5 | 0:34 | 35 | 0:37 | 3.50 | 18:22 | 5:14 | 4 | 4:34 | 28 | 4:44 |
| Lap 11 | 0.35 | 2:01 | 5:45 | 5 | 0:35 | 34 | 0:38 | 3.85 | 20:23 | 5:17 | 4 | 5:09 | 29 | 5:21 |
| Lap 12 | 0.35 | 2:00 | 5:42 | 5 | 0:34 | 34 | 0:39 | 4.20 | 22:23 | 5:19 | 5 | 5:43 | 30 | 5:58 |
| Lap 13 | 0.35 | 2:00 | 5:42 | 5 | 0:33 | 34 | 0:39 | 4.55 | 24:23 | 5:21 | 5 | 6:16 | 31 | 6:35 |
| Lap 14 | 0.35 | 2:01 | 5:45 | 5 | 0:35 | 34 | 0:40 | 4.90 | 26:24 | 5:23 | 5 | 6:51 | 31 | 7:14 |
| Lap 15 | 0.35 | 2:03 | 5:51 | 6 | 0:38 | 36 | 0:41 | 5.25 | 28:27 | 5:25 | 5 | 7:29 | 33 | 7:55 |
| Lap 16 | 0.35 | 2:02 | 5:48 | 5 | 0:39 | 34 | 0:40 | 5.60 | 30:29 | 5:26 | 5 | 8:08 | 33 | 8:34 |
| Lap 17 | 0.35 | 2:00 | 5:42 | 4 | 0:35 | 31 | 0:37 | 5.95 | 32:29 | 5:27 | 5 | 8:43 | 32 | 9:11 |
| Lap 18 | 0.35 | 2:03 | 5:51 | 4 | 0:37 | 33 | 0:39 | 6.30 | 34:32 | 5:28 | 5 | 9:20 | 33 | 9:49 |
| Lap 19 | 0.35 | 1:59 | 5:40 | 4 | 0:33 | 30 | 0:37 | 6.65 | 36:31 | 5:29 | 5 | 9:53 | 33 | 10:25 |
| Lap 20 | 0.35 | 2:02 | 5:48 | 4 | 0:36 | 33 | 0:42 | 7.00 | 38:33 | 5:30 | 4 | 10:29 | 32 | 11:06 |
| Lap 21 | 0.35 | 2:01 | 5:45 | 4 | 0:36 | 32 | 0:39 | 7.35 | 40:34 | 5:31 | 4 | 11:05 | 33 | 11:45 |
| Lap 22 | 0.35 | 2:00 | 5:42 | 4 | 0:33 | 32 | 0:37 | 7.70 | 42:34 | 5:31 | 4 | 11:38 | 33 | 12:22 |
| Lap 23 | 0.35 | 2:03 | 5:51 | 4 | 0:37 | 33 | 0:41 | 8.05 | 44:37 | 5:32 | 4 | 12:15 | 33 | 13:03 |
| Lap 24 | 0.35 | 2:00 | 5:42 | 4 | 0:33 | 31 | 0:39 | 8.40 | 46:37 | 5:32 | 4 | 12:48 | 33 | 13:42 |
| Lap 25 | 0.35 | 1:58 | 5:37 | 4 | 0:33 | 27 | 0:38 | 8.75 | 48:35 | 5:33 | 4 | 13:21 | 33 | 14:20 |
| Lap 26 | 0.35 | 1:59 | 5:40 | 4 | 0:34 | 31 | 0:38 | 9.10 | 50:34 | 5:33 | 4 | 13:55 | 33 | 14:58 |
| Lap 27 | 0.35 | 1:59 | 5:40 | 4 | 0:34 | 31 | 0:38 | 9.45 | 52:33 | 5:33 | 4 | 14:29 | 33 | 15:36 |
| Lap 28 | 0.35 | 2:00 | 5:42 | 4 | 0:35 | 34 | 0:38 | 9.80 | 54:33 | 5:33 | 4 | 15:04 | 33 | 16:14 |
| Lap 29 | 0.35 | 1:59 | 5:40 | 4 | 0:33 | 31 | 0:37 | 10.15 | 56:32 | 5:34 | 4 | 15:37 | 33 | 16:51 |
| Lap 30 | 0.35 | 1:54 | 5:25 | 4 | 0:28 | 29 | 0:33 | 10.50 | 58:26 | 5:33 | 4 | 16:05 | 33 | 17:24 |