



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

Arnstadt / 31.01.2024

## Detailed evaluation

**Sven Grunwald**

Club: IK.IW.IW

Number: 48

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M35 (35-39)

Total time: 57:51

Speed: 8.30 km/h

Running performance: 7:11 min/km

Laps: 23 (8.05 km)

Rank in course/Men: 42 (of 44)

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