



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

Arnstadt / 31.01.2024

Detailed evaluation

Rico Bechmann

Club: VfB Torpedo Ichtershausen

Number: 34

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:54

Speed: 15.03 km/h

Running performance: 3:53 min/km

Laps: 44 (15.4 km)

Rank in course/Men: 1 (of 44)

Rank in category: 1(of 11)

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



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Lap 31	0.35	1:22	3:54	1	-	1	-	10.85	42:24	3:54	1	-	1	-
Lap 32	0.35	1:20	3:48	1	-	1	-	11.20	43:44	3:54	1	-	1	-
Lap 33	0.35	1:22	3:54	1	-	1	-	11.55	45:06	3:54	1	-	1	-
Lap 34	0.35	1:22	3:54	1	-	1	-	11.90	46:28	3:54	1	-	1	-
Lap 35	0.35	1:22	3:54	1	-	1	-	12.25	47:50	3:54	1	-	1	-
Lap 36	0.35	1:21	3:51	1	-	1	-	12.60	49:11	3:54	1	-	1	-
Lap 37	0.35	1:20	3:48	1	-	1	-	12.95	50:31	3:54	1	-	1	-
Lap 38	0.35	1:20	3:48	1	-	1	-	13.30	51:51	3:53	1	-	1	-
Lap 39	0.35	1:19	3:45	1	-	1	-	13.65	53:10	3:53	1	-	1	-
Lap 40	0.35	1:21	3:51	1	-	1	-	14.00	54:31	3:53	1	-	1	-
Lap 41	0.35	1:22	3:54	1	-	2	0:01	14.35	55:53	3:53	1	-	1	-
Lap 42	0.35	1:21	3:51	1	-	2	0:01	14.70	57:14	3:53	1	-	1	-
Lap 43	0.35	1:21	3:51	1	-	1	-	15.05	58:35	3:53	1	-	1	-
Lap 44	0.35	1:19	3:45	1	-	1	-	15.40	59:54	3:53	1	-	1	-