



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

Arnstadt / 31.01.2024

Detailed evaluation

Swen Thorhauer

Club: Trailrunning-Crew Thüringen

Number: 72

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:17

Speed: 14.17 km/h

Running performance: 4:07 min/km

Laps: 41 (14.35 km)

Rank in course/Men: 4 (of 44)

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



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Intermediate times

Stage score

Total ranking

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	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 31	0.35	1:27	4:08	2	0:05	3	0:05	10.85	45:00	4:08	2	2:36	4	2:36
Lap 32	0.35	1:27	4:08	2	0:07	3	0:07	11.20	46:27	4:08	2	2:43	4	2:43
Lap 33	0.35	1:29	4:14	2	0:07	4	0:07	11.55	47:56	4:09	2	2:50	4	2:50
Lap 34	0.35	1:27	4:08	3	0:05	4	0:05	11.90	49:23	4:08	2	2:55	4	2:55
Lap 35	0.35	1:26	4:05	2	0:04	3	0:04	12.25	50:49	4:08	2	2:59	4	2:59
Lap 36	0.35	1:25	4:02	2	0:04	2	0:04	12.60	52:14	4:08	2	3:03	4	3:03
Lap 37	0.35	1:24	4:00	2	0:04	3	0:04	12.95	53:38	4:08	2	3:07	4	3:07
Lap 38	0.35	1:21	3:51	2	0:01	2	0:01	13.30	54:59	4:08	2	3:08	4	3:08
Lap 39	0.35	1:22	3:54	2	0:03	2	0:03	13.65	56:21	4:07	2	3:11	4	3:11
Lap 40	0.35	1:26	4:05	2	0:05	4	0:05	14.00	57:47	4:07	2	3:16	4	3:16
Lap 41	0.35	1:30	4:17	2	0:08	4	0:09	14.35	59:17	4:07	2	3:24	4	3:24