



# 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: 14.52 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

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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          |