



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

Arnstadt / 31.01.2024

## Detailed evaluation

**Manuel Walther**

Club: MC Gräfenroda

Number: 76

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:01

Speed: 11.74 km/h

Running performance: 5:06 min/km

Laps: 33 (11.55 km)

Rank in course/Men: 19 (of 44)

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



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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	1:51	5:17	9	0:29	25	0:29	10.85	55:25	5:06	7	13:01	19	13:01
Lap 32	0.35	1:49	5:11	8	0:29	24	0:29	11.20	57:14	5:06	7	13:30	19	13:30
Lap 33	0.35	1:47	5:05	7	0:25	21	0:25	11.55	59:01	5:06	7	13:55	19	13:55