



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

Arnstadt / 31.01.2024

Detailed evaluation

Thomas Scherer

Club: SPORTident

Number: 65

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:59

Speed: 11.00 km/h

Running performance: 5:11 min/km

Laps: 33 (11.55 km)

Rank in course/Men: 23 (of 44)

Rank in category: 8(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	1:50	5:14	9	0:35	28	0:36	0.35	1:50	5:14	9	0:35	28	0:36	
Lap 2	0.35	1:47	5:05	8	0:26	28	0:26	0.70	3:37	5:10	9	1:01	29	1:02	
Lap 3	0.35	1:50	5:14	8	0:29	29	0:29	1.05	5:27	5:11	9	1:30	29	1:30	
Lap 4	0.35	1:52	5:20	10	0:30	32	0:31	1.40	7:19	5:13	9	2:00	28	2:01	
Lap 5	0.35	1:50	5:14	7	0:26	25	0:28	1.75	9:09	5:13	9	2:26	28	2:29	
Lap 6	0.35	1:53	5:22	9	0:29	31	0:30	2.10	11:02	5:15	9	2:55	30	2:59	
Lap 7	0.35	1:50	5:14	7	0:27	24	0:28	2.45	12:52	5:15	9	3:18	30	3:27	
Lap 8	0.35	1:47	5:05	7	0:24	21	0:24	2.80	14:39	5:13	8	3:38	29	3:50	
Lap 9	0.35	1:48	5:08	6	0:27	21	0:27	3.15	16:27	5:13	8	4:05	28	4:13	
Lap 10	0.35	1:47	5:05	8	0:25	22	0:25	3.50	18:14	5:12	8	4:30	27	4:36	
Lap 11	0.35	1:47	5:05	7	0:24	18	0:24	3.85	20:01	5:11	8	4:54	25	4:59	
Lap 12	0.35	1:49	5:11	8	0:28	22	0:28	4.20	21:50	5:11	8	5:22	25	5:25	
Lap 13	0.35	1:48	5:08	7	0:27	20	0:27	4.55	23:38	5:11	8	5:49	24	5:50	
Lap 14	0.35	1:52	5:20	7	0:31	24	0:31	4.90	25:30	5:12	8	6:20	24	6:20	
Lap 15	0.35	1:51	5:17	7	0:29	22	0:29	5.25	27:21	5:12	8	6:49	24	6:49	
Lap 16	0.35	1:47	5:05	6	0:23	15	0:25	5.60	29:08	5:12	8	7:12	24	7:13	
Lap 17	0.35	1:49	5:11	5	0:25	16	0:26	5.95	30:57	5:12	8	7:37	24	7:39	
Lap 18	0.35	1:50	5:14	6	0:26	18	0:26	6.30	32:47	5:12	8	8:03	23	8:04	
Lap 19	0.35	1:51	5:17	8	0:29	22	0:29	6.65	34:38	5:12	8	8:32	23	8:32	
Lap 20	0.35	1:48	5:08	7	0:27	17	0:28	7.00	36:26	5:12	8	8:59	23	8:59	
Lap 21	0.35	1:53	5:22	8	0:31	23	0:31	7.35	38:19	5:12	8	9:30	23	9:30	
Lap 22	0.35	1:54	5:25	8	0:31	26	0:31	7.70	40:13	5:13	8	10:01	23	10:01	
Lap 23	0.35	1:55	5:28	9	0:33	27	0:33	8.05	42:08	5:14	8	10:34	23	10:34	
Lap 24	0.35	1:53	5:22	7	0:32	22	0:32	8.40	44:01	5:14	8	11:06	24	11:06	
Lap 25	0.35	1:52	5:20	7	0:32	21	0:32	8.75	45:53	5:14	8	11:38	24	11:38	
Lap 26	0.35	1:53	5:22	9	0:32	25	0:32	9.10	47:46	5:14	8	12:10	24	12:10	
Lap 27	0.35	1:50	5:14	7	0:29	19	0:29	9.45	49:36	5:14	8	12:39	24	12:39	
Lap 28	0.35	1:46	5:02	6	0:24	17	0:24	9.80	51:22	5:14	8	13:03	24	13:03	
Lap 29	0.35	1:46	5:02	6	0:24	16	0:24	10.15	53:08	5:14	8	13:27	23	13:27	
Lap 30	0.35	1:49	5:11	8	0:28	21	0:28	10.50	54:57	5:14	8	13:55	23	13:55	



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

Arnstadt / 31.01.2024

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	1:47	5:05	7	0:25	20	0:25	10.85	56:44	5:13	8	14:20	23	14:20
Lap 32	0.35	1:42	4:51	7	0:22	16	0:22	11.20	58:26	5:13	8	14:42	23	14:42
Lap 33	0.35	1:33	4:25	3	0:11	7	0:11	11.55	59:59	5:11	8	14:53	23	14:53