



# 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 | 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 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      |



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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      |