



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

Arnstadt / 31.01.2024

Detailed evaluation

Norbert Furch

Club: Die Bügeleisenbande

Number: 40

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:28

Speed: 10.09 km/h

Running performance: 5:51 min/km

Laps: 29 (10.15 km)

Rank in course/Men: 36 (of 44)

Rank in category: 11(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	2:08	6:05	11	0:53	38	0:54	0.35	2:08	6:05	11	0:53	38	0:54	
Lap 2	0.35	1:57	5:34	11	0:36	36	0:36	0.70	4:05	5:49	11	1:29	37	1:30	
Lap 3	0.35	1:57	5:34	11	0:36	36	0:36	1.05	6:02	5:44	11	2:05	37	2:05	
Lap 4	0.35	2:02	5:48	11	0:40	36	0:41	1.40	8:04	5:45	11	2:45	37	2:46	
Lap 5	0.35	2:00	5:42	11	0:36	35	0:38	1.75	10:04	5:45	11	3:21	37	3:24	
Lap 6	0.35	2:02	5:48	11	0:38	35	0:39	2.10	12:06	5:45	11	3:59	36	4:03	
Lap 7	0.35	1:57	5:34	11	0:34	35	0:35	2.45	14:03	5:44	11	4:29	36	4:38	
Lap 8	0.35	1:58	5:37	11	0:35	35	0:35	2.80	16:01	5:43	11	5:00	35	5:12	
Lap 9	0.35	2:01	5:45	11	0:40	35	0:40	3.15	18:02	5:43	11	5:40	35	5:48	
Lap 10	0.35	2:00	5:42	11	0:38	36	0:38	3.50	20:02	5:43	11	6:18	35	6:24	
Lap 11	0.35	2:01	5:45	11	0:38	34	0:38	3.85	22:03	5:43	11	6:56	35	7:01	
Lap 12	0.35	2:02	5:48	11	0:41	35	0:41	4.20	24:05	5:44	11	7:37	35	7:40	
Lap 13	0.35	2:01	5:45	11	0:40	35	0:40	4.55	26:06	5:44	11	8:17	35	8:18	
Lap 14	0.35	2:06	6:00	11	0:45	35	0:45	4.90	28:12	5:45	11	9:02	35	9:02	
Lap 15	0.35	2:02	5:48	10	0:40	34	0:40	5.25	30:14	5:45	11	9:42	35	9:42	
Lap 16	0.35	2:06	6:00	11	0:42	37	0:44	5.60	32:20	5:46	11	10:24	35	10:25	
Lap 17	0.35	2:05	5:57	11	0:41	34	0:42	5.95	34:25	5:47	11	11:05	35	11:07	
Lap 18	0.35	2:06	6:00	11	0:42	34	0:42	6.30	36:31	5:47	11	11:47	35	11:48	
Lap 19	0.35	2:05	5:57	11	0:43	34	0:43	6.65	38:36	5:48	11	12:30	35	12:30	
Lap 20	0.35	2:04	5:54	11	0:43	34	0:44	7.00	40:40	5:48	11	13:13	35	13:13	
Lap 21	0.35	2:04	5:54	11	0:42	34	0:42	7.35	42:44	5:48	11	13:55	35	13:55	
Lap 22	0.35	2:08	6:05	11	0:45	35	0:45	7.70	44:52	5:49	11	14:40	35	14:40	
Lap 23	0.35	2:08	6:05	11	0:46	35	0:46	8.05	47:00	5:50	11	15:26	36	15:26	
Lap 24	0.35	2:06	6:00	11	0:45	34	0:45	8.40	49:06	5:50	11	16:11	35	16:11	
Lap 25	0.35	2:06	6:00	11	0:46	36	0:46	8.75	51:12	5:51	11	16:57	35	16:57	
Lap 26	0.35	2:06	6:00	11	0:45	34	0:45	9.10	53:18	5:51	11	17:42	35	17:42	
Lap 27	0.35	2:06	6:00	11	0:45	34	0:45	9.45	55:24	5:51	11	18:27	35	18:27	
Lap 28	0.35	2:01	5:45	11	0:39	36	0:39	9.80	57:25	5:51	11	19:06	35	19:06	
Lap 29	0.35	2:03	5:51	11	0:41	35	0:41	10.15	59:28	5:51	11	19:47	35	19:47	