



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

Arnstadt / 31.01.2024

Detailed evaluation

Christian Wysocki

Club: Laufladen Erfurt OCR Team

Number: 82

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M45 (45-49)

Total time: 58:34

Speed: 10.24 km/h

Running performance: 5:23 min/km

Laps: 31 (10.85 km)

Rank in course/Men: 28 (of 44)

Rank in category: 3(of 4)

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 | 1:36 | 4:34 | 1 | - | 7 | 0:22 | 0.35 | 1:36 | 4:34 | 1 | - | 7 | 0:22 |
| Lap 2 | 0.35 | 1:38 | 4:40 | 1 | - | 14 | 0:17 | 0.70 | 3:14 | 4:37 | 1 | - | 10 | 0:39 |
| Lap 3 | 0.35 | 1:42 | 4:51 | 1 | - | 18 | 0:21 | 1.05 | 4:56 | 4:41 | 1 | - | 12 | 0:59 |
| Lap 4 | 0.35 | 1:47 | 5:05 | 2 | 0:03 | 22 | 0:26 | 1.40 | 6:43 | 4:47 | 1 | - | 14 | 1:25 |
| Lap 5 | 0.35 | 1:50 | 5:14 | 2 | 0:02 | 25 | 0:28 | 1.75 | 8:33 | 4:53 | 1 | - | 15 | 1:53 |
| Lap 6 | 0.35 | 1:52 | 5:20 | 3 | 0:05 | 29 | 0:29 | 2.10 | 10:25 | 4:57 | 1 | - | 19 | 2:22 |
| Lap 7 | 0.35 | 1:51 | 5:17 | 3 | 0:05 | 27 | 0:29 | 2.45 | 12:16 | 5:00 | 1 | - | 20 | 2:51 |
| Lap 8 | 0.35 | 1:51 | 5:17 | 3 | 0:05 | 26 | 0:28 | 2.80 | 14:07 | 5:02 | 2 | 0:04 | 22 | 3:18 |
| Lap 9 | 0.35 | 1:52 | 5:20 | 3 | 0:05 | 27 | 0:31 | 3.15 | 15:59 | 5:04 | 2 | 0:09 | 22 | 3:45 |
| Lap 10 | 0.35 | 1:53 | 5:22 | 3 | 0:06 | 28 | 0:31 | 3.50 | 17:52 | 5:06 | 2 | 0:14 | 22 | 4:14 |
| Lap 11 | 0.35 | 1:57 | 5:34 | 3 | 0:09 | 30 | 0:34 | 3.85 | 19:49 | 5:08 | 2 | 0:23 | 23 | 4:47 |
| Lap 12 | 0.35 | 1:56 | 5:31 | 3 | 0:08 | 31 | 0:35 | 4.20 | 21:45 | 5:10 | 2 | 0:31 | 24 | 5:20 |
| Lap 13 | 0.35 | 1:56 | 5:31 | 3 | 0:07 | 30 | 0:35 | 4.55 | 23:41 | 5:12 | 2 | 0:36 | 25 | 5:53 |
| Lap 14 | 0.35 | 1:58 | 5:37 | 3 | 0:07 | 32 | 0:37 | 4.90 | 25:39 | 5:14 | 3 | 0:43 | 27 | 6:29 |
| Lap 15 | 0.35 | 1:55 | 5:28 | 3 | 0:05 | 28 | 0:33 | 5.25 | 27:34 | 5:15 | 3 | 0:46 | 27 | 7:02 |
| Lap 16 | 0.35 | 1:58 | 5:37 | 3 | 0:06 | 32 | 0:36 | 5.60 | 29:32 | 5:16 | 3 | 0:52 | 27 | 7:37 |
| Lap 17 | 0.35 | 1:55 | 5:28 | 3 | 0:04 | 26 | 0:32 | 5.95 | 31:27 | 5:17 | 3 | 0:54 | 27 | 8:09 |
| Lap 18 | 0.35 | 2:00 | 5:42 | 3 | 0:08 | 32 | 0:36 | 6.30 | 33:27 | 5:18 | 3 | 1:02 | 27 | 8:44 |
| Lap 19 | 0.35 | 1:59 | 5:40 | 3 | 0:07 | 30 | 0:37 | 6.65 | 35:26 | 5:19 | 3 | 1:07 | 27 | 9:20 |
| Lap 20 | 0.35 | 2:01 | 5:45 | 3 | 0:10 | 32 | 0:41 | 7.00 | 37:27 | 5:21 | 3 | 1:13 | 27 | 10:00 |
| Lap 21 | 0.35 | 1:58 | 5:37 | 3 | 0:04 | 30 | 0:36 | 7.35 | 39:25 | 5:21 | 3 | 1:17 | 27 | 10:36 |
| Lap 22 | 0.35 | 1:57 | 5:34 | 3 | 0:06 | 29 | 0:34 | 7.70 | 41:22 | 5:22 | 3 | 1:22 | 27 | 11:10 |
| Lap 23 | 0.35 | 1:56 | 5:31 | 3 | 0:02 | 28 | 0:34 | 8.05 | 43:18 | 5:22 | 3 | 1:24 | 27 | 11:44 |
| Lap 24 | 0.35 | 1:55 | 5:28 | 3 | 0:03 | 27 | 0:34 | 8.40 | 45:13 | 5:22 | 3 | 1:25 | 27 | 12:18 |
| Lap 25 | 0.35 | 1:59 | 5:40 | 3 | 0:07 | 29 | 0:39 | 8.75 | 47:12 | 5:23 | 3 | 1:31 | 27 | 12:57 |
| Lap 26 | 0.35 | 1:57 | 5:34 | 3 | 0:04 | 29 | 0:36 | 9.10 | 49:09 | 5:24 | 3 | 1:35 | 27 | 13:33 |
| Lap 27 | 0.35 | 1:58 | 5:37 | 3 | 0:05 | 29 | 0:37 | 9.45 | 51:07 | 5:24 | 3 | 1:39 | 28 | 14:10 |
| Lap 28 | 0.35 | 1:55 | 5:28 | 3 | 0:03 | 29 | 0:33 | 9.80 | 53:02 | 5:24 | 3 | 1:42 | 28 | 14:43 |
| Lap 29 | 0.35 | 1:49 | 5:11 | 1 | - | 22 | 0:27 | 10.15 | 54:51 | 5:24 | 3 | 1:38 | 27 | 15:10 |
| Lap 30 | 0.35 | 1:50 | 5:14 | 1 | - | 24 | 0:29 | 10.50 | 56:41 | 5:23 | 3 | 1:38 | 28 | 15:39 |



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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 31 | 0.35 | 1:53 | 5:22 | 2 | 0:04 | 27 | 0:31 | 10.85 | 58:34 | 5:23 | 3 | 1:42 | 28 | 16:10 |