



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

Arnstadt / 31.01.2024

Detailed evaluation

Matthias Haupt

Club: Die Bügeleisenbande

Number: 53

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M45 (45-49)

Total time: 59:28

Speed: 10.09 km/h

Running performance: 5:51 min/km

Laps: 29 (10.15 km)

Rank in course/Men: 35 (of 44)

Rank in category: 4(of 4)

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