



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

Arnstadt / 31.01.2024

Detailed evaluation

Arvid Senglaub

Club: Die flinken Gerataler

Number: 70

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M50 (50-54)

Total time: 58:40

Speed: 12.27 km/h

Running performance: 4:39 min/km

Laps: 36 (12.6 km)

Rank in course/Men: 8 (of 44)

Rank in category: 1(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 | 1:40 | 4:45 | 1 | - | 11 | 0:26 | 0.35 | 1:40 | 4:45 | 1 | - | 11 | 0:26 | |
| Lap 2 | 0.35 | 1:36 | 4:34 | 2 | 0:06 | 13 | 0:15 | 0.70 | 3:16 | 4:40 | 2 | 0:04 | 11 | 0:41 | |
| Lap 3 | 0.35 | 1:34 | 4:28 | 1 | - | 7 | 0:13 | 1.05 | 4:50 | 4:36 | 2 | 0:04 | 10 | 0:53 | |
| Lap 4 | 0.35 | 1:36 | 4:34 | 2 | 0:02 | 9 | 0:15 | 1.40 | 6:26 | 4:35 | 2 | 0:06 | 10 | 1:08 | |
| Lap 5 | 0.35 | 1:36 | 4:34 | 2 | 0:02 | 7 | 0:14 | 1.75 | 8:02 | 4:35 | 2 | 0:08 | 9 | 1:22 | |
| Lap 6 | 0.35 | 1:36 | 4:34 | 2 | 0:01 | 8 | 0:13 | 2.10 | 9:38 | 4:35 | 2 | 0:09 | 9 | 1:35 | |
| Lap 7 | 0.35 | 1:37 | 4:37 | 1 | - | 8 | 0:15 | 2.45 | 11:15 | 4:35 | 2 | 0:09 | 9 | 1:50 | |
| Lap 8 | 0.35 | 1:35 | 4:31 | 1 | - | 7 | 0:12 | 2.80 | 12:50 | 4:35 | 2 | 0:07 | 9 | 2:01 | |
| Lap 9 | 0.35 | 1:32 | 4:22 | 1 | - | 7 | 0:11 | 3.15 | 14:22 | 4:33 | 2 | 0:02 | 9 | 2:08 | |
| Lap 10 | 0.35 | 1:36 | 4:34 | 1 | - | 7 | 0:14 | 3.50 | 15:58 | 4:33 | 1 | - | 8 | 2:20 | |
| Lap 11 | 0.35 | 1:36 | 4:34 | 1 | - | 8 | 0:13 | 3.85 | 17:34 | 4:33 | 1 | - | 7 | 2:32 | |
| Lap 12 | 0.35 | 1:39 | 4:42 | 1 | - | 9 | 0:18 | 4.20 | 19:13 | 4:34 | 1 | - | 7 | 2:48 | |
| Lap 13 | 0.35 | 1:37 | 4:37 | 1 | - | 9 | 0:16 | 4.55 | 20:50 | 4:34 | 1 | - | 7 | 3:02 | |
| Lap 14 | 0.35 | 1:38 | 4:40 | 1 | - | 8 | 0:17 | 4.90 | 22:28 | 4:35 | 1 | - | 7 | 3:18 | |
| Lap 15 | 0.35 | 1:38 | 4:40 | 1 | - | 8 | 0:16 | 5.25 | 24:06 | 4:35 | 1 | - | 7 | 3:34 | |
| Lap 16 | 0.35 | 1:39 | 4:42 | 2 | 0:01 | 9 | 0:17 | 5.60 | 25:45 | 4:35 | 1 | - | 7 | 3:50 | |
| Lap 17 | 0.35 | 1:40 | 4:45 | 2 | 0:03 | 9 | 0:17 | 5.95 | 27:25 | 4:36 | 1 | - | 7 | 4:07 | |
| Lap 18 | 0.35 | 1:38 | 4:40 | 1 | - | 7 | 0:14 | 6.30 | 29:03 | 4:36 | 1 | - | 7 | 4:20 | |
| Lap 19 | 0.35 | 1:41 | 4:48 | 2 | 0:01 | 10 | 0:19 | 6.65 | 30:44 | 4:37 | 1 | - | 7 | 4:38 | |
| Lap 20 | 0.35 | 1:40 | 4:45 | 1 | - | 9 | 0:20 | 7.00 | 32:24 | 4:37 | 1 | - | 7 | 4:57 | |
| Lap 21 | 0.35 | 1:41 | 4:48 | 2 | 0:02 | 9 | 0:19 | 7.35 | 34:05 | 4:38 | 1 | - | 7 | 5:16 | |
| Lap 22 | 0.35 | 1:39 | 4:42 | 1 | - | 9 | 0:16 | 7.70 | 35:44 | 4:38 | 1 | - | 7 | 5:32 | |
| Lap 23 | 0.35 | 1:40 | 4:45 | 2 | 0:01 | 9 | 0:18 | 8.05 | 37:24 | 4:38 | 1 | - | 8 | 5:50 | |
| Lap 24 | 0.35 | 1:38 | 4:40 | 1 | - | 9 | 0:17 | 8.40 | 39:02 | 4:38 | 1 | - | 8 | 6:07 | |
| Lap 25 | 0.35 | 1:39 | 4:42 | 2 | 0:01 | 10 | 0:19 | 8.75 | 40:41 | 4:38 | 1 | - | 8 | 6:26 | |
| Lap 26 | 0.35 | 1:37 | 4:37 | 1 | - | 8 | 0:16 | 9.10 | 42:18 | 4:38 | 1 | - | 8 | 6:42 | |
| Lap 27 | 0.35 | 1:38 | 4:40 | 2 | 0:01 | 10 | 0:17 | 9.45 | 43:56 | 4:38 | 1 | - | 8 | 6:59 | |
| Lap 28 | 0.35 | 1:40 | 4:45 | 1 | - | 11 | 0:18 | 9.80 | 45:36 | 4:39 | 1 | - | 8 | 7:17 | |
| Lap 29 | 0.35 | 1:40 | 4:45 | 1 | - | 10 | 0:18 | 10.15 | 47:16 | 4:39 | 1 | - | 8 | 7:35 | |
| Lap 30 | 0.35 | 1:39 | 4:42 | 1 | - | 9 | 0:18 | 10.50 | 48:55 | 4:39 | 1 | - | 8 | 7:53 | |



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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 31 | 0.35 | 1:40 | 4:45 | 2 | 0:01 | 11 | 0:18 | 10.85 | 50:35 | 4:39 | 1 | - | 8 | 8:11 |
| Lap 32 | 0.35 | 1:39 | 4:42 | 1 | - | 11 | 0:19 | 11.20 | 52:14 | 4:39 | 1 | - | 8 | 8:30 |
| Lap 33 | 0.35 | 1:36 | 4:34 | 1 | - | 9 | 0:14 | 11.55 | 53:50 | 4:39 | 1 | - | 8 | 8:44 |
| Lap 34 | 0.35 | 1:37 | 4:37 | 2 | 0:01 | 10 | 0:15 | 11.90 | 55:27 | 4:39 | 1 | - | 8 | 8:59 |
| Lap 35 | 0.35 | 1:37 | 4:37 | 1 | - | 8 | 0:15 | 12.25 | 57:04 | 4:39 | 1 | - | 8 | 9:14 |
| Lap 36 | 0.35 | 1:36 | 4:34 | 1 | - | 8 | 0:15 | 12.60 | 58:40 | 4:39 | 1 | - | 8 | 9:29 |