



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

Arnstadt / 31.01.2024

Detailed evaluation

Jens Schmidt

Club: LTV Erfurt

Number: 68

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M50 (50-54)

Total time: 58:41

Speed: 12.88 km/h

Running performance: 4:39 min/km

Laps: 36 (12.6 km)

Rank in course/Men: 9 (of 44)

Rank in category: 2(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	1:42	4:51	3	0:02	14	0:28	0.35	1:42	4:51	3	0:02	14	0:28	
Lap 2	0.35	1:30	4:17	1	-	7	0:09	0.70	3:12	4:34	1	-	9	0:37	
Lap 3	0.35	1:34	4:28	1	-	7	0:13	1.05	4:46	4:32	1	-	8	0:49	
Lap 4	0.35	1:34	4:28	1	-	7	0:13	1.40	6:20	4:31	1	-	8	1:02	
Lap 5	0.35	1:34	4:28	1	-	6	0:12	1.75	7:54	4:30	1	-	8	1:14	
Lap 6	0.35	1:35	4:31	1	-	7	0:12	2.10	9:29	4:30	1	-	8	1:26	
Lap 7	0.35	1:37	4:37	1	-	8	0:15	2.45	11:06	4:31	1	-	8	1:41	
Lap 8	0.35	1:37	4:37	2	0:02	8	0:14	2.80	12:43	4:32	1	-	8	1:54	
Lap 9	0.35	1:37	4:37	2	0:05	8	0:16	3.15	14:20	4:33	1	-	8	2:06	
Lap 10	0.35	1:38	4:40	2	0:02	9	0:16	3.50	15:58	4:33	1	-	8	2:20	
Lap 11	0.35	1:39	4:42	2	0:03	10	0:16	3.85	17:37	4:34	2	0:03	8	2:35	
Lap 12	0.35	1:39	4:42	1	-	9	0:18	4.20	19:16	4:35	2	0:03	8	2:51	
Lap 13	0.35	1:39	4:42	2	0:02	10	0:18	4.55	20:55	4:35	2	0:05	8	3:07	
Lap 14	0.35	1:39	4:42	2	0:01	9	0:18	4.90	22:34	4:36	2	0:06	8	3:24	
Lap 15	0.35	1:39	4:42	2	0:01	9	0:17	5.25	24:13	4:36	2	0:07	8	3:41	
Lap 16	0.35	1:38	4:40	1	-	7	0:16	5.60	25:51	4:36	2	0:06	8	3:56	
Lap 17	0.35	1:37	4:37	1	-	8	0:14	5.95	27:28	4:36	2	0:03	8	4:10	
Lap 18	0.35	1:39	4:42	2	0:01	9	0:15	6.30	29:07	4:37	2	0:04	8	4:24	
Lap 19	0.35	1:40	4:45	1	-	9	0:18	6.65	30:47	4:37	2	0:03	8	4:41	
Lap 20	0.35	1:40	4:45	1	-	9	0:20	7.00	32:27	4:38	2	0:03	8	5:00	
Lap 21	0.35	1:39	4:42	1	-	8	0:17	7.35	34:06	4:38	2	0:01	8	5:17	
Lap 22	0.35	1:40	4:45	2	0:01	10	0:17	7.70	35:46	4:38	2	0:02	9	5:34	
Lap 23	0.35	1:39	4:42	1	-	8	0:17	8.05	37:25	4:38	2	0:01	9	5:51	
Lap 24	0.35	1:39	4:42	2	0:01	10	0:18	8.40	39:04	4:39	2	0:02	9	6:09	
Lap 25	0.35	1:38	4:40	1	-	9	0:18	8.75	40:42	4:39	2	0:01	9	6:27	
Lap 26	0.35	1:37	4:37	1	-	8	0:16	9.10	42:19	4:39	2	0:01	9	6:43	
Lap 27	0.35	1:37	4:37	1	-	9	0:16	9.45	43:56	4:38	1	-	8	6:59	
Lap 28	0.35	1:41	4:48	2	0:01	12	0:19	9.80	45:37	4:39	2	0:01	9	7:18	
Lap 29	0.35	1:40	4:45	1	-	10	0:18	10.15	47:17	4:39	2	0:01	9	7:36	
Lap 30	0.35	1:39	4:42	1	-	9	0:18	10.50	48:56	4:39	2	0:01	9	7:54	



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Lap 31	0.35	1:39	4:42	1	-	10	0:17	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	1:37	4:37	2	0:01	11	0:15	11.55	53:51	4:39	2	0:01	9	8:45
Lap 34	0.35	1:36	4:34	1	-	9	0:14	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	1:37	4:37	2	0:01	9	0:16	12.60	58:41	4:39	2	0:01	9	9:30