



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

Arnstadt / 31.01.2024

Detailed evaluation

Torsten Rütze

Club: SV 09 Arnstadt

Number: 88

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M50 (50-54)

Total time: 58:56

Speed: 11.20 km/h

Running performance: 4:57 min/km

Laps: 34 (11.9 km)

Rank in course/Men: 15 (of 44)

Rank in category: 3(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	1:41	4:48	2	0:01	13	0:27	0.35	1:41	4:48	2	0:01	13	0:27
Lap 2	0.35	1:40	4:45	3	0:10	16	0:19	0.70	3:21	4:47	3	0:09	16	0:46
Lap 3	0.35	1:41	4:48	3	0:07	14	0:20	1.05	5:02	4:47	3	0:16	16	1:05
Lap 4	0.35	1:45	5:00	3	0:11	19	0:24	1.40	6:47	4:50	3	0:27	16	1:29
Lap 5	0.35	1:46	5:02	3	0:12	17	0:24	1.75	8:33	4:53	3	0:39	15	1:53
Lap 6	0.35	1:46	5:02	3	0:11	17	0:23	2.10	10:19	4:54	3	0:50	15	2:16
Lap 7	0.35	1:45	5:00	3	0:08	16	0:23	2.45	12:04	4:55	3	0:58	15	2:39
Lap 8	0.35	1:45	5:00	3	0:10	15	0:22	2.80	13:49	4:56	3	1:06	16	3:00
Lap 9	0.35	1:46	5:02	3	0:14	16	0:25	3.15	15:35	4:56	3	1:15	16	3:21
Lap 10	0.35	1:45	5:00	3	0:09	16	0:23	3.50	17:20	4:57	3	1:22	16	3:42
Lap 11	0.35	1:47	5:05	3	0:11	18	0:24	3.85	19:07	4:57	3	1:33	15	4:05
Lap 12	0.35	1:46	5:02	3	0:07	17	0:25	4.20	20:53	4:58	3	1:40	15	4:28
Lap 13	0.35	1:47	5:05	3	0:10	18	0:26	4.55	22:40	4:58	3	1:50	16	4:52
Lap 14	0.35	1:46	5:02	3	0:08	15	0:25	4.90	24:26	4:59	3	1:58	16	5:16
Lap 15	0.35	1:45	5:00	3	0:07	15	0:23	5.25	26:11	4:59	3	2:05	15	5:39
Lap 16	0.35	1:48	5:08	3	0:10	17	0:26	5.60	27:59	4:59	3	2:14	15	6:04
Lap 17	0.35	1:44	4:57	3	0:07	11	0:21	5.95	29:43	4:59	3	2:18	15	6:25
Lap 18	0.35	1:44	4:57	3	0:06	12	0:20	6.30	31:27	4:59	3	2:24	15	6:44
Lap 19	0.35	1:44	4:57	3	0:04	12	0:22	6.65	33:11	4:59	3	2:27	15	7:05
Lap 20	0.35	1:44	4:57	3	0:04	11	0:24	7.00	34:55	4:59	3	2:31	15	7:28
Lap 21	0.35	1:43	4:54	3	0:04	10	0:21	7.35	36:38	4:59	3	2:33	15	7:49
Lap 22	0.35	1:44	4:57	3	0:05	12	0:21	7.70	38:22	4:58	3	2:38	15	8:10
Lap 23	0.35	1:43	4:54	3	0:04	11	0:21	8.05	40:05	4:58	3	2:41	15	8:31
Lap 24	0.35	1:43	4:54	3	0:05	11	0:22	8.40	41:48	4:58	3	2:46	15	8:53
Lap 25	0.35	1:42	4:51	3	0:04	11	0:22	8.75	43:30	4:58	3	2:49	15	9:15
Lap 26	0.35	1:43	4:54	3	0:06	13	0:22	9.10	45:13	4:58	3	2:55	15	9:37
Lap 27	0.35	1:45	5:00	3	0:08	13	0:24	9.45	46:58	4:58	3	3:02	14	10:01
Lap 28	0.35	1:45	5:00	3	0:05	15	0:23	9.80	48:43	4:58	3	3:07	14	10:24
Lap 29	0.35	1:44	4:57	3	0:04	13	0:22	10.15	50:27	4:58	3	3:11	14	10:46
Lap 30	0.35	1:44	4:57	3	0:05	15	0:23	10.50	52:11	4:58	3	3:16	14	11:09



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Lap 31	0.35	1:42	4:51	3	0:03	12	0:20	10.85	53:53	4:57	3	3:18	14	11:29
Lap 32	0.35	1:40	4:45	3	0:01	13	0:20	11.20	55:33	4:57	3	3:19	14	11:49
Lap 33	0.35	1:43	4:54	3	0:07	18	0:21	11.55	57:16	4:57	3	3:26	14	12:10
Lap 34	0.35	1:40	4:45	3	0:04	12	0:18	11.90	58:56	4:57	3	3:29	15	12:28