



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

Arnstadt / 31.01.2024

Detailed evaluation

Torsthen Seever

Club: SG Motor Arnstadt

Number: 32

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M50 (50-54)

Total time: 59:28

Speed: 10.09 km/h

Running performance: 5:28 min/km

Laps: 31 (10.85 km)

Rank in course/Men: 30 (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	2:09	6:08	4	0:29	40	0:55	0.35	2:09	6:08	4	0:29	40	0:55	
Lap 2	0.35	1:45	5:00	4	0:15	27	0:24	0.70	3:54	5:34	4	0:42	33	1:19	
Lap 3	0.35	1:50	5:14	4	0:16	29	0:29	1.05	5:44	5:27	4	0:58	33	1:47	
Lap 4	0.35	1:50	5:14	4	0:16	28	0:29	1.40	7:34	5:24	4	1:14	33	2:16	
Lap 5	0.35	1:49	5:11	4	0:15	23	0:27	1.75	9:23	5:21	4	1:29	32	2:43	
Lap 6	0.35	1:51	5:17	4	0:16	26	0:28	2.10	11:14	5:20	4	1:45	32	3:11	
Lap 7	0.35	1:55	5:28	4	0:18	33	0:33	2.45	13:09	5:22	4	2:03	32	3:44	
Lap 8	0.35	1:52	5:20	4	0:17	27	0:29	2.80	15:01	5:21	4	2:18	32	4:12	
Lap 9	0.35	1:51	5:17	4	0:19	26	0:30	3.15	16:52	5:21	4	2:32	32	4:38	
Lap 10	0.35	1:55	5:28	4	0:19	31	0:33	3.50	18:47	5:22	4	2:49	32	5:09	
Lap 11	0.35	1:57	5:34	4	0:21	30	0:34	3.85	20:44	5:23	4	3:10	32	5:42	
Lap 12	0.35	1:53	5:22	4	0:14	28	0:32	4.20	22:37	5:23	4	3:24	32	6:12	
Lap 13	0.35	1:58	5:37	4	0:21	32	0:37	4.55	24:35	5:24	4	3:45	32	6:47	
Lap 14	0.35	1:55	5:28	4	0:17	26	0:34	4.90	26:30	5:24	4	4:02	32	7:20	
Lap 15	0.35	1:54	5:25	4	0:16	26	0:32	5.25	28:24	5:24	4	4:18	31	7:52	
Lap 16	0.35	1:57	5:34	4	0:19	30	0:35	5.60	30:21	5:25	4	4:36	31	8:26	
Lap 17	0.35	1:58	5:37	4	0:21	29	0:35	5.95	32:19	5:25	4	4:54	31	9:01	
Lap 18	0.35	1:57	5:34	4	0:19	29	0:33	6.30	34:16	5:26	4	5:13	30	9:33	
Lap 19	0.35	1:59	5:40	4	0:19	30	0:37	6.65	36:15	5:27	4	5:31	30	10:09	
Lap 20	0.35	1:59	5:40	4	0:19	31	0:39	7.00	38:14	5:27	4	5:50	31	10:47	
Lap 21	0.35	1:56	5:31	4	0:17	29	0:34	7.35	40:10	5:27	4	6:05	31	11:21	
Lap 22	0.35	1:54	5:25	4	0:15	26	0:31	7.70	42:04	5:27	4	6:20	31	11:52	
Lap 23	0.35	1:56	5:31	4	0:17	28	0:34	8.05	44:00	5:27	4	6:36	31	12:26	
Lap 24	0.35	1:58	5:37	4	0:20	29	0:37	8.40	45:58	5:28	4	6:56	31	13:03	
Lap 25	0.35	2:03	5:51	4	0:25	32	0:43	8.75	48:01	5:29	4	7:20	31	13:46	
Lap 26	0.35	1:58	5:37	4	0:21	30	0:37	9.10	49:59	5:29	4	7:41	31	14:23	
Lap 27	0.35	1:53	5:22	4	0:16	25	0:32	9.45	51:52	5:29	4	7:56	31	14:55	
Lap 28	0.35	1:52	5:20	4	0:12	24	0:30	9.80	53:44	5:28	4	8:08	30	15:25	
Lap 29	0.35	1:59	5:40	4	0:19	31	0:37	10.15	55:43	5:29	4	8:27	30	16:02	
Lap 30	0.35	1:51	5:17	4	0:12	27	0:30	10.50	57:34	5:28	4	8:39	30	16:32	



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Lap 31	0.35	1:54	5:25	4	0:15	30	0:32	10.85	59:28	5:28	4	8:53	30	17:04