



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

Arnstadt / 31.01.2024

## Detailed evaluation

**Torsten Stelzner**

Club: Wsv ilmenau

Number: 84

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M55 (55-59)

Total time: 59:50

Speed: 12.28 km/h

Running performance: 4:53 min/km

Laps: 35 (12.25 km)

Rank in course/Men: 13 (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	1:42	4:51	2	0:04	14	0:28	0.35	1:42	4:51	2	0:04	14	0:28	
Lap 2	0.35	1:34	4:28	1	-	10	0:13	0.70	3:16	4:40	1	-	11	0:41	
Lap 3	0.35	1:35	4:31	1	-	10	0:14	1.05	4:51	4:37	1	-	11	0:54	
Lap 4	0.35	1:36	4:34	1	-	9	0:15	1.40	6:27	4:36	1	-	11	1:09	
Lap 5	0.35	1:36	4:34	1	-	7	0:14	1.75	8:03	4:36	1	-	10	1:23	
Lap 6	0.35	1:38	4:40	1	-	9	0:15	2.10	9:41	4:36	1	-	10	1:38	
Lap 7	0.35	1:38	4:40	1	-	10	0:16	2.45	11:19	4:37	1	-	10	1:54	
Lap 8	0.35	1:38	4:40	1	-	10	0:15	2.80	12:57	4:37	1	-	10	2:08	
Lap 9	0.35	1:40	4:45	1	-	10	0:19	3.15	14:37	4:38	1	-	10	2:23	
Lap 10	0.35	1:41	4:48	1	-	11	0:19	3.50	16:18	4:39	1	-	10	2:40	
Lap 11	0.35	1:39	4:42	1	-	10	0:16	3.85	17:57	4:39	1	-	10	2:55	
Lap 12	0.35	1:39	4:42	1	-	9	0:18	4.20	19:36	4:40	1	-	10	3:11	
Lap 13	0.35	1:43	4:54	1	-	14	0:22	4.55	21:19	4:41	1	-	11	3:31	
Lap 14	0.35	1:42	4:51	1	-	11	0:21	4.90	23:01	4:41	1	-	11	3:51	
Lap 15	0.35	1:43	4:54	1	-	11	0:21	5.25	24:44	4:42	1	-	11	4:12	
Lap 16	0.35	1:42	4:51	1	-	10	0:20	5.60	26:26	4:43	1	-	11	4:31	
Lap 17	0.35	1:44	4:57	1	-	11	0:21	5.95	28:10	4:44	1	-	11	4:52	
Lap 18	0.35	1:44	4:57	1	-	12	0:20	6.30	29:54	4:44	1	-	11	5:11	
Lap 19	0.35	1:44	4:57	1	-	12	0:22	6.65	31:38	4:45	1	-	10	5:32	
Lap 20	0.35	1:45	5:00	1	-	13	0:25	7.00	33:23	4:46	1	-	10	5:56	
Lap 21	0.35	1:47	5:05	1	-	14	0:25	7.35	35:10	4:47	1	-	11	6:21	
Lap 22	0.35	1:49	5:11	2	0:02	17	0:26	7.70	36:59	4:48	1	-	11	6:47	
Lap 23	0.35	1:46	5:02	2	0:01	14	0:24	8.05	38:45	4:48	1	-	11	7:11	
Lap 24	0.35	1:45	5:00	1	-	13	0:24	8.40	40:30	4:49	1	-	11	7:35	
Lap 25	0.35	1:46	5:02	1	-	13	0:26	8.75	42:16	4:49	1	-	11	8:01	
Lap 26	0.35	1:45	5:00	1	-	16	0:24	9.10	44:01	4:50	1	-	11	8:25	
Lap 27	0.35	1:46	5:02	1	-	15	0:25	9.45	45:47	4:50	1	-	11	8:50	
Lap 28	0.35	1:48	5:08	2	0:03	19	0:26	9.80	47:35	4:51	1	-	11	9:16	
Lap 29	0.35	1:47	5:05	2	0:01	21	0:25	10.15	49:22	4:51	1	-	11	9:41	
Lap 30	0.35	1:46	5:02	2	0:01	18	0:25	10.50	51:08	4:52	1	-	11	10:06	



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Lap 31	0.35	1:45	5:00	2	0:02	18	0:23	10.85	52:53	4:52	1	-	11	10:29
Lap 32	0.35	1:44	4:57	2	0:01	19	0:24	11.20	54:37	4:52	1	-	11	10:53
Lap 33	0.35	1:43	4:54	1	-	18	0:21	11.55	56:20	4:52	1	-	12	11:14
Lap 34	0.35	1:46	5:02	2	0:03	16	0:24	11.90	58:06	4:52	1	-	13	11:38
Lap 35	0.35	1:44	4:57	1	-	13	0:22	12.25	59:50	4:53	1	-	13	12:00