



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

Arnstadt / 31.01.2024

Detailed evaluation

Gerd Krüger

Total time: 59:46

Number: 60

Speed: 11.04 km/h

Course: 0.35 km/Lap

Running performance: 5:01 min/km

Stundenlauf

Laps: 34 (11.9 km)

Category:

Rank in course/Men: 17 (of 44)

Senioren M55 (55-59)

Rank in category: 2(of 4)

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Pos | | Total | Total | Total | Pos | Behind | Pos | Behind | |
|---------|-------|------|------|--------|--------|------|-------|-------|-------|------|--------|------|--------|-------|
| | km | Time | | | min/km | Cat. | | | | | | | | Cat. |
| Lap 1 | 0.35 | 1:38 | 4:40 | 1 | - | 9 | 0:24 | 0.35 | 1:38 | 4:40 | 1 | - | 9 | 0:24 |
| Lap 2 | 0.35 | 1:40 | 4:45 | 3 | 0:06 | 16 | 0:19 | 0.70 | 3:18 | 4:42 | 2 | 0:02 | 13 | 0:43 |
| Lap 3 | 0.35 | 1:42 | 4:51 | 2 | 0:07 | 18 | 0:21 | 1.05 | 5:00 | 4:45 | 2 | 0:09 | 15 | 1:03 |
| Lap 4 | 0.35 | 1:44 | 4:57 | 2 | 0:08 | 15 | 0:23 | 1.40 | 6:44 | 4:48 | 2 | 0:17 | 15 | 1:26 |
| Lap 5 | 0.35 | 1:47 | 5:05 | 2 | 0:11 | 19 | 0:25 | 1.75 | 8:31 | 4:52 | 2 | 0:28 | 14 | 1:51 |
| Lap 6 | 0.35 | 1:48 | 5:08 | 2 | 0:10 | 20 | 0:25 | 2.10 | 10:19 | 4:54 | 2 | 0:38 | 15 | 2:16 |
| Lap 7 | 0.35 | 1:46 | 5:02 | 3 | 0:08 | 19 | 0:24 | 2.45 | 12:05 | 4:55 | 2 | 0:46 | 17 | 2:40 |
| Lap 8 | 0.35 | 1:45 | 5:00 | 2 | 0:07 | 15 | 0:22 | 2.80 | 13:50 | 4:56 | 2 | 0:53 | 18 | 3:01 |
| Lap 9 | 0.35 | 1:45 | 5:00 | 2 | 0:05 | 15 | 0:24 | 3.15 | 15:35 | 4:56 | 2 | 0:58 | 16 | 3:21 |
| Lap 10 | 0.35 | 1:46 | 5:02 | 2 | 0:05 | 19 | 0:24 | 3.50 | 17:21 | 4:57 | 2 | 1:03 | 18 | 3:43 |
| Lap 11 | 0.35 | 1:46 | 5:02 | 2 | 0:07 | 16 | 0:23 | 3.85 | 19:07 | 4:57 | 2 | 1:10 | 15 | 4:05 |
| Lap 12 | 0.35 | 1:47 | 5:05 | 2 | 0:08 | 19 | 0:26 | 4.20 | 20:54 | 4:58 | 2 | 1:18 | 17 | 4:29 |
| Lap 13 | 0.35 | 1:46 | 5:02 | 2 | 0:03 | 16 | 0:25 | 4.55 | 22:40 | 4:58 | 2 | 1:21 | 16 | 4:52 |
| Lap 14 | 0.35 | 1:47 | 5:05 | 2 | 0:05 | 17 | 0:26 | 4.90 | 24:27 | 4:59 | 2 | 1:26 | 18 | 5:17 |
| Lap 15 | 0.35 | 1:46 | 5:02 | 2 | 0:03 | 16 | 0:24 | 5.25 | 26:13 | 4:59 | 2 | 1:29 | 17 | 5:41 |
| Lap 16 | 0.35 | 1:48 | 5:08 | 2 | 0:06 | 17 | 0:26 | 5.60 | 28:01 | 5:00 | 2 | 1:35 | 17 | 6:06 |
| Lap 17 | 0.35 | 1:48 | 5:08 | 2 | 0:04 | 14 | 0:25 | 5.95 | 29:49 | 5:00 | 2 | 1:39 | 17 | 6:31 |
| Lap 18 | 0.35 | 1:46 | 5:02 | 2 | 0:02 | 14 | 0:22 | 6.30 | 31:35 | 5:00 | 2 | 1:41 | 17 | 6:52 |
| Lap 19 | 0.35 | 1:47 | 5:05 | 2 | 0:03 | 15 | 0:25 | 6.65 | 33:22 | 5:01 | 2 | 1:44 | 16 | 7:16 |
| Lap 20 | 0.35 | 1:48 | 5:08 | 2 | 0:03 | 17 | 0:28 | 7.00 | 35:10 | 5:01 | 2 | 1:47 | 17 | 7:43 |
| Lap 21 | 0.35 | 1:49 | 5:11 | 2 | 0:02 | 17 | 0:27 | 7.35 | 36:59 | 5:01 | 2 | 1:49 | 16 | 8:10 |
| Lap 22 | 0.35 | 1:47 | 5:05 | 1 | - | 13 | 0:24 | 7.70 | 38:46 | 5:02 | 2 | 1:47 | 17 | 8:34 |
| Lap 23 | 0.35 | 1:45 | 5:00 | 1 | - | 13 | 0:23 | 8.05 | 40:31 | 5:01 | 2 | 1:46 | 16 | 8:57 |
| Lap 24 | 0.35 | 1:48 | 5:08 | 2 | 0:03 | 16 | 0:27 | 8.40 | 42:19 | 5:02 | 2 | 1:49 | 16 | 9:24 |
| Lap 25 | 0.35 | 1:46 | 5:02 | 1 | - | 13 | 0:26 | 8.75 | 44:05 | 5:02 | 2 | 1:49 | 16 | 9:50 |
| Lap 26 | 0.35 | 1:46 | 5:02 | 2 | 0:01 | 17 | 0:25 | 9.10 | 45:51 | 5:02 | 2 | 1:50 | 16 | 10:15 |
| Lap 27 | 0.35 | 1:46 | 5:02 | 1 | - | 15 | 0:25 | 9.45 | 47:37 | 5:02 | 2 | 1:50 | 16 | 10:40 |
| Lap 28 | 0.35 | 1:45 | 5:00 | 1 | - | 15 | 0:23 | 9.80 | 49:22 | 5:02 | 2 | 1:47 | 17 | 11:03 |
| Lap 29 | 0.35 | 1:46 | 5:02 | 1 | - | 16 | 0:24 | 10.15 | 51:08 | 5:02 | 2 | 1:46 | 17 | 11:27 |
| Lap 30 | 0.35 | 1:45 | 5:00 | 1 | - | 16 | 0:24 | 10.50 | 52:53 | 5:02 | 2 | 1:45 | 17 | 11:51 |



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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 | 1:43 | 4:54 | 1 | - | 14 | 0:21 | 10.85 | 54:36 | 5:01 | 2 | 1:43 | 17 | 12:12 |
| Lap 32 | 0.35 | 1:43 | 4:54 | 1 | - | 17 | 0:23 | 11.20 | 56:19 | 5:01 | 2 | 1:42 | 17 | 12:35 |
| Lap 33 | 0.35 | 1:44 | 4:57 | 2 | 0:01 | 20 | 0:22 | 11.55 | 58:03 | 5:01 | 2 | 1:43 | 17 | 12:57 |
| Lap 34 | 0.35 | 1:43 | 4:54 | 1 | - | 15 | 0:21 | 11.90 | 59:46 | 5:01 | 2 | 1:40 | 17 | 13:18 |