



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

Arnstadt / 31.01.2024

Detailed evaluation

Friedrich Reinhard Wilke

Total time: 59:17

Number: 79

Speed: 9.11 km/h

Course: 0.35 km/Lap

Running performance: 6:02 min/km

Stundenlauf

Laps: 28 (9.8 km)

Category:

Rank in course/Men: 37 (of 44)

Senioren M55 (55-59)

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	2:06	6:00	4	0:28	36	0:52	0.35	2:06	6:00	4	0:28	36	0:52	
Lap 2	0.35	1:56	5:31	4	0:22	35	0:35	0.70	4:02	5:45	4	0:46	36	1:27	
Lap 3	0.35	1:57	5:34	4	0:22	36	0:36	1.05	5:59	5:41	4	1:08	36	2:02	
Lap 4	0.35	2:00	5:42	4	0:24	35	0:39	1.40	7:59	5:42	4	1:32	36	2:41	
Lap 5	0.35	2:03	5:51	4	0:27	37	0:41	1.75	10:02	5:44	4	1:59	36	3:22	
Lap 6	0.35	2:08	6:05	4	0:30	37	0:45	2.10	12:10	5:47	4	2:29	38	4:07	
Lap 7	0.35	2:05	5:57	4	0:27	37	0:43	2.45	14:15	5:48	4	2:56	38	4:50	
Lap 8	0.35	2:07	6:02	4	0:29	37	0:44	2.80	16:22	5:50	4	3:25	38	5:33	
Lap 9	0.35	2:06	6:00	4	0:26	37	0:45	3.15	18:28	5:51	4	3:51	38	6:14	
Lap 10	0.35	2:06	6:00	4	0:25	38	0:44	3.50	20:34	5:52	4	4:16	38	6:56	
Lap 11	0.35	2:03	5:51	4	0:24	37	0:40	3.85	22:37	5:52	4	4:40	37	7:35	
Lap 12	0.35	2:06	6:00	4	0:27	37	0:45	4.20	24:43	5:53	4	5:07	37	8:18	
Lap 13	0.35	2:02	5:48	4	0:19	37	0:41	4.55	26:45	5:52	4	5:26	37	8:57	
Lap 14	0.35	2:07	6:02	4	0:25	37	0:46	4.90	28:52	5:53	4	5:51	37	9:42	
Lap 15	0.35	2:05	5:57	4	0:22	38	0:43	5.25	30:57	5:53	4	6:13	37	10:25	
Lap 16	0.35	2:09	6:08	4	0:27	38	0:47	5.60	33:06	5:54	4	6:40	37	11:11	
Lap 17	0.35	2:08	6:05	4	0:24	36	0:45	5.95	35:14	5:55	4	7:04	37	11:56	
Lap 18	0.35	2:12	6:17	4	0:28	38	0:48	6.30	37:26	5:56	4	7:32	37	12:43	
Lap 19	0.35	2:12	6:17	4	0:28	38	0:50	6.65	39:38	5:57	4	8:00	37	13:32	
Lap 20	0.35	2:11	6:14	4	0:26	36	0:51	7.00	41:49	5:58	4	8:26	37	14:22	
Lap 21	0.35	2:14	6:22	4	0:27	37	0:52	7.35	44:03	5:59	4	8:53	37	15:14	
Lap 22	0.35	2:19	6:37	4	0:32	40	0:56	7.70	46:22	6:01	4	9:23	37	16:10	
Lap 23	0.35	2:17	6:31	4	0:32	39	0:55	8.05	48:39	6:02	4	9:54	37	17:05	
Lap 24	0.35	2:10	6:11	4	0:25	37	0:49	8.40	50:49	6:02	4	10:19	37	17:54	
Lap 25	0.35	2:15	6:25	4	0:29	39	0:55	8.75	53:04	6:03	4	10:48	37	18:49	
Lap 26	0.35	2:09	6:08	4	0:24	38	0:48	9.10	55:13	6:04	4	11:12	37	19:37	
Lap 27	0.35	2:06	6:00	4	0:20	34	0:45	9.45	57:19	6:03	4	11:32	37	20:22	
Lap 28	0.35	1:58	5:37	3	0:13	30	0:36	9.80	59:17	6:02	4	11:42	37	20:58	