



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

Arnstadt / 31.01.2024

## Detailed evaluation

**Andreas Sahl**

Club: RSV Adler Arnstadt

Number: 64

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M60 (60-64)

Total time: 58:29

Speed: 11.29 km/h

Running performance: 5:03 min/km

Laps: 33 (11.55 km)

Rank in course/Men: 18 (of 44)

Rank in category: 1(of 5)

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	1:57	5:34	4	0:13	32	0:43	0.35	1:57	5:34	4	0:13	32	0:43
Lap 2	0.35	1:50	5:14	2	0:02	31	0:29	0.70	3:47	5:24	3	0:15	31	1:12
Lap 3	0.35	1:48	5:08	1	-	25	0:27	1.05	5:35	5:19	3	0:14	31	1:38
Lap 4	0.35	1:49	5:11	1	-	25	0:28	1.40	7:24	5:17	2	0:13	29	2:06
Lap 5	0.35	1:48	5:08	1	-	20	0:26	1.75	9:12	5:15	2	0:11	29	2:32
Lap 6	0.35	1:48	5:08	1	-	20	0:25	2.10	11:00	5:14	2	0:09	28	2:57
Lap 7	0.35	1:49	5:11	2	0:01	23	0:27	2.45	12:49	5:13	2	0:10	27	3:24
Lap 8	0.35	1:49	5:11	2	0:01	25	0:26	2.80	14:38	5:13	2	0:11	26	3:49
Lap 9	0.35	1:48	5:08	1	-	21	0:27	3.15	16:26	5:13	2	0:11	26	4:12
Lap 10	0.35	1:46	5:02	1	-	19	0:24	3.50	18:12	5:12	2	0:09	25	4:34
Lap 11	0.35	1:50	5:14	2	0:02	25	0:27	3.85	20:02	5:12	2	0:11	26	5:00
Lap 12	0.35	1:49	5:11	1	-	22	0:28	4.20	21:51	5:12	2	0:11	26	5:26
Lap 13	0.35	1:50	5:14	2	0:02	25	0:29	4.55	23:41	5:12	2	0:13	25	5:53
Lap 14	0.35	1:50	5:14	2	0:01	21	0:29	4.90	25:31	5:12	2	0:14	25	6:21
Lap 15	0.35	1:51	5:17	2	0:02	22	0:29	5.25	27:22	5:12	2	0:16	25	6:50
Lap 16	0.35	1:52	5:20	2	0:04	22	0:30	5.60	29:14	5:13	2	0:20	25	7:19
Lap 17	0.35	1:51	5:17	2	0:02	21	0:28	5.95	31:05	5:13	2	0:22	25	7:47
Lap 18	0.35	1:52	5:20	3	0:03	20	0:28	6.30	32:57	5:13	2	0:25	25	8:14
Lap 19	0.35	1:52	5:20	3	0:03	24	0:30	6.65	34:49	5:14	2	0:28	24	8:43
Lap 20	0.35	1:51	5:17	3	0:02	22	0:31	7.00	36:40	5:14	2	0:29	24	9:13
Lap 21	0.35	1:53	5:22	4	0:05	23	0:31	7.35	38:33	5:14	2	0:32	24	9:44
Lap 22	0.35	1:52	5:20	3	0:03	22	0:29	7.70	40:25	5:14	2	0:35	24	10:13
Lap 23	0.35	1:51	5:17	1	-	17	0:29	8.05	42:16	5:15	2	0:35	24	10:42
Lap 24	0.35	1:32	4:22	1	-	7	0:11	8.40	43:48	5:12	2	0:16	22	10:53
Lap 25	0.35	1:34	4:28	1	-	7	0:14	8.75	45:22	5:11	2	0:01	22	11:07
Lap 26	0.35	1:36	4:34	1	-	7	0:15	9.10	46:58	5:09	1	-	21	11:22
Lap 27	0.35	1:39	4:42	1	-	11	0:18	9.45	48:37	5:08	1	-	20	11:40
Lap 28	0.35	1:36	4:34	1	-	8	0:14	9.80	50:13	5:07	1	-	20	11:54
Lap 29	0.35	1:36	4:34	1	-	8	0:14	10.15	51:49	5:06	1	-	19	12:08
Lap 30	0.35	1:38	4:40	1	-	8	0:17	10.50	53:27	5:05	1	-	18	12:25



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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	55:10	5:05	1	-	18	12:46
Lap 32	0.35	1:38	4:40	1	-	10	0:18	11.20	56:48	5:04	1	-	18	13:04
Lap 33	0.35	1:41	4:48	1	-	15	0:19	11.55	58:29	5:03	1	-	18	13:23