



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

Arnstadt / 31.01.2024

Detailed evaluation

Jörg Schmid

Club: Rennsteiglaufverein, Arnstadt

Number: 67

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M60 (60-64)

Total time: 58:25

Speed: 10.27 km/h

Running performance: 5:23 min/km

Laps: 31 (10.85 km)

Rank in course/Men: 27 (of 44)

Rank in category: 3(of 5)

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	1:52	5:20	2	0:08	30	0:38	0.35	1:52	5:20	2	0:08	30	0:38
Lap 2	0.35	1:50	5:14	2	0:02	31	0:29	0.70	3:42	5:17	2	0:10	30	1:07
Lap 3	0.35	1:51	5:17	3	0:03	33	0:30	1.05	5:33	5:17	2	0:12	30	1:36
Lap 4	0.35	1:52	5:20	3	0:03	32	0:31	1.40	7:25	5:17	3	0:14	31	2:07
Lap 5	0.35	1:51	5:17	3	0:03	31	0:29	1.75	9:16	5:17	3	0:15	31	2:36
Lap 6	0.35	1:51	5:17	3	0:03	26	0:28	2.10	11:07	5:17	3	0:16	31	3:04
Lap 7	0.35	1:50	5:14	3	0:02	24	0:28	2.45	12:57	5:17	3	0:18	31	3:32
Lap 8	0.35	1:52	5:20	3	0:04	27	0:29	2.80	14:49	5:17	3	0:22	31	4:00
Lap 9	0.35	1:52	5:20	3	0:04	27	0:31	3.15	16:41	5:17	3	0:26	31	4:27
Lap 10	0.35	1:53	5:22	3	0:07	28	0:31	3.50	18:34	5:18	3	0:31	31	4:56
Lap 11	0.35	1:55	5:28	4	0:07	29	0:32	3.85	20:29	5:19	3	0:38	31	5:27
Lap 12	0.35	1:56	5:31	4	0:07	31	0:35	4.20	22:25	5:20	3	0:45	31	6:00
Lap 13	0.35	1:57	5:34	4	0:09	31	0:36	4.55	24:22	5:21	3	0:54	30	6:34
Lap 14	0.35	1:55	5:28	3	0:06	26	0:34	4.90	26:17	5:21	3	1:00	30	7:07
Lap 15	0.35	1:54	5:25	3	0:05	26	0:32	5.25	28:11	5:22	3	1:05	29	7:39
Lap 16	0.35	1:52	5:20	2	0:04	22	0:30	5.60	30:03	5:21	3	1:09	29	8:08
Lap 17	0.35	2:32	7:14	5	0:43	42	1:09	5.95	32:35	5:28	3	1:52	33	9:17
Lap 18	0.35	1:51	5:17	2	0:02	19	0:27	6.30	34:26	5:27	3	1:54	32	9:43
Lap 19	0.35	1:50	5:14	2	0:01	21	0:28	6.65	36:16	5:27	3	1:55	31	10:10
Lap 20	0.35	1:49	5:11	1	-	19	0:29	7.00	38:05	5:26	3	1:54	30	10:38
Lap 21	0.35	1:48	5:08	1	-	15	0:26	7.35	39:53	5:25	3	1:52	29	11:04
Lap 22	0.35	1:51	5:17	2	0:02	19	0:28	7.70	41:44	5:25	3	1:54	28	11:32
Lap 23	0.35	1:51	5:17	1	-	17	0:29	8.05	43:35	5:24	3	1:54	28	12:01
Lap 24	0.35	1:54	5:25	3	0:22	25	0:33	8.40	45:29	5:24	3	1:57	28	12:34
Lap 25	0.35	1:52	5:20	3	0:18	21	0:32	8.75	47:21	5:24	3	2:00	28	13:06
Lap 26	0.35	1:52	5:20	3	0:16	24	0:31	9.10	49:13	5:24	3	2:15	28	13:37
Lap 27	0.35	1:51	5:17	3	0:12	22	0:30	9.45	51:04	5:24	3	2:27	27	14:07
Lap 28	0.35	1:51	5:17	3	0:15	23	0:29	9.80	52:55	5:23	3	2:42	27	14:36
Lap 29	0.35	1:49	5:11	2	0:13	22	0:27	10.15	54:44	5:23	3	2:55	26	15:03
Lap 30	0.35	1:49	5:11	2	0:11	21	0:28	10.50	56:33	5:23	3	3:06	26	15:31



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Lap 31	0.35	1:52	5:20	3	0:09	26	0:30	10.85	58:25	5:23	3	3:15	26	16:01