



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

Arnstadt / 31.01.2024

Detailed evaluation

Frank Schirwinski

Club: LTV Erfurt

Number: 66

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M60 (60-64)

Total time: 1:00:00

Speed: 10.00 km/h

Running performance: 5:31 min/km

Laps: 31 (10.85 km)

Rank in course/Men: 32 (of 44)

Rank in category: 4(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	1:56	5:31	3	0:12	31	0:42	0.35	1:56	5:31	3	0:12	31	0:42	
Lap 2	0.35	1:59	5:40	4	0:11	38	0:38	0.70	3:55	5:35	4	0:23	34	1:20	
Lap 3	0.35	1:55	5:28	4	0:07	35	0:34	1.05	5:50	5:33	4	0:29	35	1:53	
Lap 4	0.35	1:59	5:40	4	0:10	34	0:38	1.40	7:49	5:35	4	0:38	35	2:31	
Lap 5	0.35	1:57	5:34	4	0:09	34	0:35	1.75	9:46	5:34	4	0:45	35	3:06	
Lap 6	0.35	1:57	5:34	4	0:09	33	0:34	2.10	11:43	5:34	4	0:52	34	3:40	
Lap 7	0.35	2:00	5:42	4	0:12	36	0:38	2.45	13:43	5:35	4	1:04	34	4:18	
Lap 8	0.35	1:56	5:31	4	0:08	34	0:33	2.80	15:39	5:35	4	1:12	34	4:50	
Lap 9	0.35	1:56	5:31	4	0:08	32	0:35	3.15	17:35	5:34	4	1:20	34	5:21	
Lap 10	0.35	1:55	5:28	4	0:09	31	0:33	3.50	19:30	5:34	4	1:27	34	5:52	
Lap 11	0.35	1:53	5:22	3	0:05	28	0:30	3.85	21:23	5:33	4	1:32	34	6:21	
Lap 12	0.35	1:52	5:20	3	0:03	27	0:31	4.20	23:15	5:32	4	1:35	34	6:50	
Lap 13	0.35	1:55	5:28	3	0:07	28	0:34	4.55	25:10	5:31	4	1:42	34	7:22	
Lap 14	0.35	1:55	5:28	3	0:06	26	0:34	4.90	27:05	5:31	4	1:48	34	7:55	
Lap 15	0.35	1:55	5:28	4	0:06	28	0:33	5.25	29:00	5:31	4	1:54	34	8:28	
Lap 16	0.35	1:53	5:22	4	0:05	26	0:31	5.60	30:53	5:30	4	1:59	34	8:58	
Lap 17	0.35	1:57	5:34	3	0:08	27	0:34	5.95	32:50	5:31	4	2:07	34	9:32	
Lap 18	0.35	1:55	5:28	4	0:06	28	0:31	6.30	34:45	5:30	4	2:13	34	10:02	
Lap 19	0.35	1:58	5:37	4	0:09	29	0:36	6.65	36:43	5:31	4	2:22	34	10:37	
Lap 20	0.35	1:55	5:28	4	0:06	26	0:35	7.00	38:38	5:31	4	2:27	33	11:11	
Lap 21	0.35	1:52	5:20	3	0:04	22	0:30	7.35	40:30	5:30	4	2:29	32	11:41	
Lap 22	0.35	1:59	5:40	4	0:10	30	0:36	7.70	42:29	5:31	4	2:39	32	12:17	
Lap 23	0.35	1:57	5:34	4	0:06	30	0:35	8.05	44:26	5:31	4	2:45	32	12:52	
Lap 24	0.35	1:57	5:34	4	0:25	28	0:36	8.40	46:23	5:31	4	2:51	32	13:28	
Lap 25	0.35	1:58	5:37	4	0:24	27	0:38	8.75	48:21	5:31	4	3:00	32	14:06	
Lap 26	0.35	1:56	5:31	4	0:20	28	0:35	9.10	50:17	5:31	4	3:19	32	14:41	
Lap 27	0.35	1:58	5:37	4	0:19	29	0:37	9.45	52:15	5:31	4	3:38	32	15:18	
Lap 28	0.35	1:58	5:37	4	0:22	30	0:36	9.80	54:13	5:31	4	4:00	32	15:54	
Lap 29	0.35	1:56	5:31	4	0:20	29	0:34	10.15	56:09	5:31	4	4:20	32	16:28	
Lap 30	0.35	1:58	5:37	4	0:20	31	0:37	10.50	58:07	5:32	4	4:40	32	17:05	



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Lap 31	0.35	1:53	5:22	4	0:10	27	0:31	10.85	1:00:00	5:31	4	4:50	32	17:36