



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

Arnstadt / 31.01.2024

Detailed evaluation

Gerd Hantsche

Club: USV Jena

Number: 50

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M65 (65-69)

Total time: 58:07

Speed: 9.29 km/h

Running performance: 6:23 min/km

Laps: 26 (9.1 km)

Rank in course/Men: 40 (of 44)

Rank in category: 1(of 2)

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