



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 | 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 | 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 |