



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

Arnstadt / 31.01.2024

Detailed evaluation

Hartmut Wächter

Club: SG Motor Arnstadt

Number: 75

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M70 (70-74)

Total time: 59:07

Speed: 12.18 km/h

Running performance: 4:49 min/km

Laps: 35 (12.25 km)

Rank in course/Men: 10 (of 44)

Rank in category: 1(of 1)

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	1:37	4:37	1	-	8	0:23	0.35	1:37	4:37	1	-	8	0:23	
Lap 2	0.35	1:33	4:25	1	-	9	0:12	0.70	3:10	4:31	1	-	8	0:35	
Lap 3	0.35	1:38	4:40	1	-	13	0:17	1.05	4:48	4:34	1	-	9	0:51	
Lap 4	0.35	1:36	4:34	1	-	9	0:15	1.40	6:24	4:34	1	-	9	1:06	
Lap 5	0.35	1:39	4:42	1	-	12	0:17	1.75	8:03	4:36	1	-	10	1:23	
Lap 6	0.35	1:39	4:42	1	-	10	0:16	2.10	9:42	4:37	1	-	11	1:39	
Lap 7	0.35	1:41	4:48	1	-	12	0:19	2.45	11:23	4:38	1	-	11	1:58	
Lap 8	0.35	1:39	4:42	1	-	11	0:16	2.80	13:02	4:39	1	-	11	2:13	
Lap 9	0.35	1:40	4:45	1	-	10	0:19	3.15	14:42	4:40	1	-	11	2:28	
Lap 10	0.35	1:40	4:45	1	-	10	0:18	3.50	16:22	4:40	1	-	11	2:44	
Lap 11	0.35	1:42	4:51	1	-	14	0:19	3.85	18:04	4:41	1	-	12	3:02	
Lap 12	0.35	1:40	4:45	1	-	12	0:19	4.20	19:44	4:41	1	-	12	3:19	
Lap 13	0.35	1:41	4:48	1	-	12	0:20	4.55	21:25	4:42	1	-	12	3:37	
Lap 14	0.35	1:41	4:48	1	-	10	0:20	4.90	23:06	4:42	1	-	12	3:56	
Lap 15	0.35	1:44	4:57	1	-	12	0:22	5.25	24:50	4:43	1	-	12	4:18	
Lap 16	0.35	1:42	4:51	1	-	10	0:20	5.60	26:32	4:44	1	-	12	4:37	
Lap 17	0.35	1:44	4:57	1	-	11	0:21	5.95	28:16	4:45	1	-	12	4:58	
Lap 18	0.35	1:43	4:54	1	-	10	0:19	6.30	29:59	4:45	1	-	12	5:16	
Lap 19	0.35	1:43	4:54	1	-	11	0:21	6.65	31:42	4:46	1	-	11	5:36	
Lap 20	0.35	1:44	4:57	1	-	11	0:24	7.00	33:26	4:46	1	-	11	5:59	
Lap 21	0.35	1:43	4:54	1	-	10	0:21	7.35	35:09	4:46	1	-	10	6:20	
Lap 22	0.35	1:40	4:45	1	-	10	0:17	7.70	36:49	4:46	1	-	10	6:37	
Lap 23	0.35	1:42	4:51	1	-	10	0:20	8.05	38:31	4:47	1	-	10	6:57	
Lap 24	0.35	1:44	4:57	1	-	12	0:23	8.40	40:15	4:47	1	-	10	7:20	
Lap 25	0.35	1:44	4:57	1	-	12	0:24	8.75	41:59	4:47	1	-	10	7:44	
Lap 26	0.35	1:42	4:51	1	-	12	0:21	9.10	43:41	4:48	1	-	10	8:05	
Lap 27	0.35	1:45	5:00	1	-	13	0:24	9.45	45:26	4:48	1	-	10	8:29	
Lap 28	0.35	1:44	4:57	1	-	13	0:22	9.80	47:10	4:48	1	-	10	8:51	
Lap 29	0.35	1:44	4:57	1	-	13	0:22	10.15	48:54	4:49	1	-	10	9:13	
Lap 30	0.35	1:45	5:00	1	-	16	0:24	10.50	50:39	4:49	1	-	10	9:37	



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Lap 31	0.35	1:43	4:54	1	-	14	0:21	10.85	52:22	4:49	1	-	10	9:58
Lap 32	0.35	1:41	4:48	1	-	15	0:21	11.20	54:03	4:49	1	-	10	10:19
Lap 33	0.35	1:42	4:51	1	-	16	0:20	11.55	55:45	4:49	1	-	10	10:39
Lap 34	0.35	1:42	4:51	1	-	14	0:20	11.90	57:27	4:49	1	-	10	10:59
Lap 35	0.35	1:40	4:45	1	-	11	0:18	12.25	59:07	4:49	1	-	10	11:17