



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 | 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 | 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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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 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 |