



# 1. SPORTident Winter-Stundenlaufserie mit Musik (2. Lauf)

Arnstadt / 21.02.2024

## Detailed evaluation

**Arndt Vincent Hartig**

Club: HSG IIm-Kreis

Number: 43

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M30 (30-34)

Total time: 58:42

Speed: 11.24 km/h

Running performance: 5:04 min/km

Laps: 33 (11.55 km)

Rank in course/Men: 20 (of 39)

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	2:01	5:45	1	-	35	0:52	0.35	2:01	5:45	1	-	35	0:52	
Lap 2	0.35	1:29	4:14	1	-	6	0:16	0.70	3:30	5:00	1	-	25	1:08	
Lap 3	0.35	1:30	4:17	1	-	7	0:13	1.05	5:00	4:45	1	-	17	1:21	
Lap 4	0.35	1:33	4:25	1	-	7	0:17	1.40	6:33	4:40	1	-	16	1:38	
Lap 5	0.35	1:37	4:37	1	-	13	0:18	1.75	8:10	4:39	1	-	17	1:56	
Lap 6	0.35	1:40	4:45	1	-	14	0:20	2.10	9:50	4:40	1	-	16	2:16	
Lap 7	0.35	1:42	4:51	1	-	19	0:22	2.45	11:32	4:42	1	-	16	2:38	
Lap 8	0.35	1:41	4:48	1	-	17	0:20	2.80	13:13	4:43	1	-	16	2:58	
Lap 9	0.35	1:43	4:54	1	-	19	0:21	3.15	14:56	4:44	1	-	16	3:19	
Lap 10	0.35	1:43	4:54	1	-	18	0:21	3.50	16:39	4:45	1	-	16	3:40	
Lap 11	0.35	1:44	4:57	1	-	18	0:22	3.85	18:23	4:46	1	-	16	4:02	
Lap 12	0.35	1:44	4:57	1	-	19	0:20	4.20	20:07	4:47	1	-	16	4:22	
Lap 13	0.35	1:45	5:00	1	-	19	0:23	4.55	21:52	4:48	1	-	16	4:45	
Lap 14	0.35	1:48	5:08	1	-	21	0:24	4.90	23:40	4:49	1	-	16	5:09	
Lap 15	0.35	1:43	4:54	1	-	14	0:21	5.25	25:23	4:50	1	-	16	5:30	
Lap 16	0.35	1:46	5:02	1	-	19	0:22	5.60	27:09	4:50	1	-	16	5:52	
Lap 17	0.35	1:49	5:11	1	-	22	0:26	5.95	28:58	4:52	1	-	18	6:18	
Lap 18	0.35	1:50	5:14	1	-	23	0:26	6.30	30:48	4:53	1	-	18	6:44	
Lap 19	0.35	1:46	5:02	1	-	18	0:22	6.65	32:34	4:53	1	-	18	7:06	
Lap 20	0.35	1:53	5:22	1	-	25	0:29	7.00	34:27	4:55	1	-	18	7:35	
Lap 21	0.35	1:51	5:17	1	-	23	0:28	7.35	36:18	4:56	1	-	18	8:03	
Lap 22	0.35	1:52	5:20	1	-	26	0:28	7.70	38:10	4:57	1	-	18	8:31	
Lap 23	0.35	1:54	5:25	1	-	27	0:31	8.05	40:04	4:58	1	-	18	9:02	
Lap 24	0.35	1:53	5:22	1	-	24	0:30	8.40	41:57	4:59	1	-	19	9:32	
Lap 25	0.35	1:53	5:22	1	-	24	0:30	8.75	43:50	5:00	1	-	19	10:02	
Lap 26	0.35	1:54	5:25	1	-	25	0:31	9.10	45:44	5:01	1	-	19	10:33	
Lap 27	0.35	1:55	5:28	1	-	29	0:32	9.45	47:39	5:02	1	-	19	11:05	
Lap 28	0.35	1:54	5:25	1	-	26	0:30	9.80	49:33	5:03	1	-	19	11:35	
Lap 29	0.35	1:53	5:22	1	-	27	0:30	10.15	51:26	5:04	1	-	19	12:05	
Lap 30	0.35	1:53	5:22	1	-	28	0:29	10.50	53:19	5:04	1	-	19	12:34	



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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	1:54	5:25	1	-	31	0:29	10.85	55:13	5:05	1	-	20	13:03
Lap 32	0.35	1:49	5:11	1	-	26	0:25	11.20	57:02	5:05	1	-	20	13:28
Lap 33	0.35	1:40	4:45	1	-	8	0:16	11.55	58:42	5:04	1	-	19	13:44