



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

Arnstadt / 21.02.2024

## Detailed evaluation

Markus Stöhr

Total time: 59:29

Number: 74

Speed: 14.12 km/h

Course: 0.35 km/Lap

Running performance: 4:14 min/km

Stundenlauf

Laps: 40 (14 km)

Category:

Rank in course/Men: 3 (of 39)

Senioren M35 (35-39)

Rank in category: 1(of 5)

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



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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	1:35	4:31	1	-	5	0:10	10.85	46:21	4:16	1	-	3	4:11
Lap 32	0.35	1:31	4:19	1	-	3	0:07	11.20	47:52	4:16	1	-	3	4:18
Lap 33	0.35	1:30	4:17	1	-	3	0:06	11.55	49:22	4:16	1	-	3	4:24
Lap 34	0.35	1:27	4:08	1	-	3	0:03	11.90	50:49	4:16	1	-	3	4:27
Lap 35	0.35	1:30	4:17	1	-	4	0:07	12.25	52:19	4:16	1	-	3	4:34
Lap 36	0.35	1:29	4:14	1	-	4	0:06	12.60	53:48	4:16	1	-	3	4:40
Lap 37	0.35	1:28	4:11	1	-	3	0:04	12.95	55:16	4:16	1	-	3	4:44
Lap 38	0.35	1:26	4:05	1	-	2	0:04	13.30	56:42	4:15	1	-	3	4:48
Lap 39	0.35	1:22	3:54	1	-	1	-	13.65	58:04	4:15	1	-	3	4:48
Lap 40	0.35	1:25	4:02	1	-	3	0:04	14.00	59:29	4:14	1	-	3	4:52