



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

Arnstadt / 21.02.2024

## Detailed evaluation

**Rico Bechmann**

Club: VfB Torpedo Ichtershausen

Number: 45

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:57

Speed: 15.41 km/h

Running performance: 3:53 min/km

Laps: 44 (15.4 km)

Rank in course/Men: 1 (of 39)

Rank in category: 1(of 7)

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



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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	1:25	4:02	1	-	1	-	10.85	42:10	3:53	1	-	1	-
Lap 32	0.35	1:24	4:00	1	-	1	-	11.20	43:34	3:53	1	-	1	-
Lap 33	0.35	1:24	4:00	1	-	1	-	11.55	44:58	3:53	1	-	1	-
Lap 34	0.35	1:24	4:00	1	-	1	-	11.90	46:22	3:53	1	-	1	-
Lap 35	0.35	1:23	3:57	1	-	1	-	12.25	47:45	3:53	1	-	1	-
Lap 36	0.35	1:23	3:57	1	-	1	-	12.60	49:08	3:53	1	-	1	-
Lap 37	0.35	1:24	4:00	1	-	1	-	12.95	50:32	3:54	1	-	1	-
Lap 38	0.35	1:22	3:54	1	-	1	-	13.30	51:54	3:54	1	-	1	-
Lap 39	0.35	1:22	3:54	1	-	1	-	13.65	53:16	3:54	1	-	1	-
Lap 40	0.35	1:21	3:51	1	-	1	-	14.00	54:37	3:54	1	-	1	-
Lap 41	0.35	1:22	3:54	1	-	1	-	14.35	55:59	3:54	1	-	1	-
Lap 42	0.35	1:21	3:51	1	-	2	0:06	14.70	57:20	3:54	1	-	1	-
Lap 43	0.35	1:20	3:48	1	-	1	-	15.05	58:40	3:53	1	-	1	-
Lap 44	0.35	1:17	3:40	1	-	1	-	15.40	59:57	3:53	1	-	1	-