



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

Arnstadt / 21.02.2024

Detailed evaluation

Tom Brück

Club: Langstrecke Arnstadt

Number: 49

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:38

Speed: 12.07 km/h

Running performance: 4:43 min/km

Laps: 36 (12.6 km)

Rank in course/Men: 10 (of 39)

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



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Lap 31	0.35	1:43	4:54	3	0:18	13	0:18	10.85	51:00	4:42	3	8:50	10	8:50
Lap 32	0.35	1:44	4:57	3	0:20	13	0:20	11.20	52:44	4:42	3	9:10	10	9:10
Lap 33	0.35	1:46	5:02	4	0:22	19	0:22	11.55	54:30	4:43	3	9:32	10	9:32
Lap 34	0.35	1:44	4:57	4	0:20	14	0:20	11.90	56:14	4:43	3	9:52	10	9:52
Lap 35	0.35	1:43	4:54	3	0:20	13	0:20	12.25	57:57	4:43	3	10:12	10	10:12
Lap 36	0.35	1:41	4:48	3	0:18	9	0:18	12.60	59:38	4:43	3	10:30	10	10:30