



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

Arnstadt / 21.02.2024

Detailed evaluation

Manuel Walther

Club: MC Gräfenroda

Number: 80

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:49

Speed: 11.03 km/h

Running performance: 5:01 min/km

Laps: 34 (11.9 km)

Rank in course/Men: 18 (of 39)

Rank in category: 4(of 7)

Intermediate times

Stage score

Total ranking

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



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Lap 31	0.35	1:49	5:11	4	0:24	25	0:24	10.85	54:36	5:01	4	12:26	18	12:26
Lap 32	0.35	1:50	5:14	5	0:26	27	0:26	11.20	56:26	5:02	4	12:52	18	12:52
Lap 33	0.35	1:47	5:05	5	0:23	20	0:23	11.55	58:13	5:02	4	13:15	18	13:15
Lap 34	0.35	1:36	4:34	3	0:12	6	0:12	11.90	59:49	5:01	4	13:27	18	13:27