



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

Arnstadt / 21.02.2024

Detailed evaluation

Sebastian Ernemann

Club: Kirmesverein Wüllersleben

Number: 50

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:03

Speed: 11.18 km/h

Running performance: 5:16 min/km

Laps: 32 (11.2 km)

Rank in course/Men: 26 (of 39)

Rank in category: 6(of 7)

Intermediate times

Stage score

Total ranking

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



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	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	1:50	5:14	5	0:25	28	0:25	10.85	57:15	5:16	6	15:05	26	15:05
Lap 32	0.35	1:48	5:08	4	0:24	21	0:24	11.20	59:03	5:16	6	15:29	26	15:29