



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: 11.38 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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Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|---------|-------|-------|--------|------|--------|-----|--------|-------|-------|-------|-----|--------|--------|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | | | | km | Time | min/km | Cat. |
| 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 |