



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

Arnstadt / 21.02.2024

Detailed evaluation

Norman Winkler

Club: Laufladen Erfurt OCR Team
Number: 85

Course: 0.35 km/Lap
Stundenlauf

Category:

Senioren M45 (45-49)

Total time: 58:42

Speed: 11.81 km/h

Running performance: 5:04 min/km

Laps: 33 (11.55 km)

Rank in course/Men: 19 (of 39)

Rank in category: 3(of 5)

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	1:36	4:34	2	0:03	11	0:27	0.35	1:36	4:34	2	0:03	11	0:27	
Lap 2	0.35	1:39	4:42	3	0:12	20	0:26	0.70	3:15	4:38	2	0:15	13	0:53	
Lap 3	0.35	1:41	4:48	3	0:14	20	0:24	1.05	4:56	4:41	3	0:29	15	1:17	
Lap 4	0.35	1:43	4:54	3	0:14	22	0:27	1.40	6:39	4:45	3	0:43	18	1:44	
Lap 5	0.35	1:41	4:48	3	0:11	18	0:22	1.75	8:20	4:45	3	0:54	18	2:06	
Lap 6	0.35	1:44	4:57	5	0:13	25	0:24	2.10	10:04	4:47	3	1:07	18	2:30	
Lap 7	0.35	1:41	4:48	3	0:12	17	0:21	2.45	11:45	4:47	3	1:19	18	2:51	
Lap 8	0.35	1:44	4:57	3	0:12	19	0:23	2.80	13:29	4:48	3	1:31	18	3:14	
Lap 9	0.35	1:46	5:02	3	0:15	21	0:24	3.15	15:15	4:50	3	1:46	19	3:38	
Lap 10	0.35	1:45	5:00	3	0:14	19	0:23	3.50	17:00	4:51	3	2:00	19	4:01	
Lap 11	0.35	1:48	5:08	4	0:17	21	0:26	3.85	18:48	4:52	3	2:17	19	4:27	
Lap 12	0.35	1:46	5:02	3	0:14	21	0:22	4.20	20:34	4:53	3	2:31	20	4:49	
Lap 13	0.35	1:47	5:05	3	0:15	21	0:25	4.55	22:21	4:54	3	2:46	20	5:14	
Lap 14	0.35	1:47	5:05	3	0:15	20	0:23	4.90	24:08	4:55	3	3:01	20	5:37	
Lap 15	0.35	1:48	5:08	3	0:17	22	0:26	5.25	25:56	4:56	3	3:18	20	6:03	
Lap 16	0.35	1:48	5:08	3	0:17	21	0:24	5.60	27:44	4:57	3	3:35	20	6:27	
Lap 17	0.35	1:46	5:02	3	0:12	19	0:23	5.95	29:30	4:57	3	3:47	20	6:50	
Lap 18	0.35	1:49	5:11	3	0:15	21	0:25	6.30	31:19	4:58	3	4:02	20	7:15	
Lap 19	0.35	1:48	5:08	3	0:15	21	0:24	6.65	33:07	4:58	3	4:17	20	7:39	
Lap 20	0.35	1:48	5:08	3	0:16	20	0:24	7.00	34:55	4:59	3	4:33	20	8:03	
Lap 21	0.35	1:50	5:14	3	0:17	21	0:27	7.35	36:45	5:00	3	4:50	20	8:30	
Lap 22	0.35	1:49	5:11	3	0:16	21	0:25	7.70	38:34	5:00	3	5:06	20	8:55	
Lap 23	0.35	1:50	5:14	3	0:17	22	0:27	8.05	40:24	5:01	3	5:23	20	9:22	
Lap 24	0.35	1:53	5:22	3	0:18	24	0:30	8.40	42:17	5:02	3	5:41	20	9:52	
Lap 25	0.35	1:50	5:14	3	0:16	22	0:27	8.75	44:07	5:02	3	5:57	20	10:19	
Lap 26	0.35	1:51	5:17	3	0:15	23	0:28	9.10	45:58	5:03	3	6:12	20	10:47	
Lap 27	0.35	1:52	5:20	3	0:18	24	0:29	9.45	47:50	5:03	3	6:30	20	11:16	
Lap 28	0.35	1:51	5:17	3	0:17	24	0:27	9.80	49:41	5:04	3	6:47	20	11:43	
Lap 29	0.35	1:50	5:14	3	0:16	22	0:27	10.15	51:31	5:04	3	7:03	20	12:10	
Lap 30	0.35	1:49	5:11	3	0:14	23	0:25	10.50	53:20	5:04	3	7:17	20	12:35	



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Lap 31	0.35	1:48	5:08	4	0:14	24	0:23	10.85	55:08	5:04	3	7:31	19	12:58
Lap 32	0.35	1:47	5:05	3	0:13	18	0:23	11.20	56:55	5:04	3	7:44	19	13:21
Lap 33	0.35	1:47	5:05	3	0:14	20	0:23	11.55	58:42	5:04	3	7:58	19	13:44