



# 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: 11.24 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 | 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               | 1:36       | 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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Intermediate times

Stage score

Total ranking

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