



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

Arnstadt / 21.02.2024

Detailed evaluation

Carsten Klütsch

Club: RSV Adler Arnstadt

Number: 58

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M45 (45-49)

Total time: 58:22

Speed: 11.31 km/h

Running performance: 5:12 min/km

Laps: 32 (11.2 km)

Rank in course/Men: 24 (of 39)

Rank in category: 4(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	1:49	5:11	5	0:16	23	0:40	0.35	1:49	5:11	5	0:16	23	0:40
Lap 2	0.35	1:39	4:42	3	0:12	20	0:26	0.70	3:28	4:57	4	0:28	23	1:06
Lap 3	0.35	1:42	4:51	4	0:15	23	0:25	1.05	5:10	4:55	4	0:43	24	1:31
Lap 4	0.35	1:45	5:00	5	0:16	24	0:29	1.40	6:55	4:56	4	0:59	23	2:00
Lap 5	0.35	1:43	4:54	4	0:13	23	0:24	1.75	8:38	4:55	4	1:12	22	2:24
Lap 6	0.35	1:42	4:51	3	0:11	19	0:22	2.10	10:20	4:55	4	1:23	22	2:46
Lap 7	0.35	1:43	4:54	4	0:14	22	0:23	2.45	12:03	4:55	4	1:37	22	3:09
Lap 8	0.35	1:45	5:00	4	0:13	22	0:24	2.80	13:48	4:55	4	1:50	22	3:33
Lap 9	0.35	1:46	5:02	3	0:15	21	0:24	3.15	15:34	4:56	4	2:05	22	3:57
Lap 10	0.35	1:47	5:05	4	0:16	23	0:25	3.50	17:21	4:57	4	2:21	21	4:22
Lap 11	0.35	1:47	5:05	3	0:16	20	0:25	3.85	19:08	4:58	4	2:37	21	4:47
Lap 12	0.35	1:47	5:05	4	0:15	23	0:23	4.20	20:55	4:58	4	2:52	21	5:10
Lap 13	0.35	1:48	5:08	4	0:16	22	0:26	4.55	22:43	4:59	4	3:08	21	5:36
Lap 14	0.35	1:49	5:11	4	0:17	23	0:25	4.90	24:32	5:00	4	3:25	21	6:01
Lap 15	0.35	1:50	5:14	4	0:19	23	0:28	5.25	26:22	5:01	4	3:44	21	6:29
Lap 16	0.35	1:52	5:20	4	0:21	26	0:28	5.60	28:14	5:02	4	4:05	21	6:57
Lap 17	0.35	1:51	5:17	4	0:17	26	0:28	5.95	30:05	5:03	4	4:22	21	7:25
Lap 18	0.35	1:50	5:14	4	0:16	23	0:26	6.30	31:55	5:03	4	4:38	21	7:51
Lap 19	0.35	1:54	5:25	4	0:21	28	0:30	6.65	33:49	5:05	4	4:59	22	8:21
Lap 20	0.35	1:52	5:20	4	0:20	24	0:28	7.00	35:41	5:05	4	5:19	23	8:49
Lap 21	0.35	1:51	5:17	4	0:18	23	0:28	7.35	37:32	5:06	4	5:37	23	9:17
Lap 22	0.35	1:53	5:22	4	0:20	28	0:29	7.70	39:25	5:07	4	5:57	23	9:46
Lap 23	0.35	1:52	5:20	4	0:19	26	0:29	8.05	41:17	5:07	4	6:16	23	10:15
Lap 24	0.35	1:53	5:22	3	0:18	24	0:30	8.40	43:10	5:08	4	6:34	23	10:45
Lap 25	0.35	1:54	5:25	5	0:20	28	0:31	8.75	45:04	5:09	4	6:54	23	11:16
Lap 26	0.35	1:54	5:25	4	0:18	25	0:31	9.10	46:58	5:09	4	7:12	24	11:47
Lap 27	0.35	1:53	5:22	5	0:19	27	0:30	9.45	48:51	5:10	4	7:31	24	12:17
Lap 28	0.35	1:55	5:28	5	0:21	28	0:31	9.80	50:46	5:10	4	7:52	24	12:48
Lap 29	0.35	1:54	5:25	4	0:20	29	0:31	10.15	52:40	5:11	4	8:12	24	13:19
Lap 30	0.35	1:54	5:25	5	0:19	29	0:30	10.50	54:34	5:11	4	8:31	24	13:49



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

Arnstadt / 21.02.2024

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 31	0.35	1:54	5:25	5	0:20	31	0:29	10.85	56:28	5:12	4	8:51	24	14:18
Lap 32	0.35	1:54	5:25	5	0:20	29	0:30	11.20	58:22	5:12	4	9:11	24	14:48