



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

Arnstadt / 21.02.2024

Detailed evaluation

Christian Wysocki

Club: Laufladen Erfurt OCR Team

Number: 86

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M45 (45-49)

Total time: 59:19

Speed: 11.33 km/h

Running performance: 5:17 min/km

Laps: 32 (11.2 km)

Rank in course/Men: 28 (of 39)

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



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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	1:37	4:37	2	0:03	7	0:12	10.85	57:31	5:18	5	9:54	27	15:21
Lap 32	0.35	1:48	5:08	4	0:14	21	0:24	11.20	59:19	5:17	5	10:08	27	15:45