



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

Arnstadt / 21.02.2024

Detailed evaluation

Jens Schmidt

Club: LTV Erfurt

Number: 70

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M50 (50-54)

Total time: 59:25

Speed: 13.08 km/h

Running performance: 4:35 min/km

Laps: 37 (12.95 km)

Rank in course/Men: 6 (of 39)

Rank in category: 1(of 7)

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



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Lap 31	0.35	1:37	4:37	2	0:01	7	0:12	10.85	49:47	4:35	1	-	6	7:37
Lap 32	0.35	1:37	4:37	1	-	6	0:13	11.20	51:24	4:35	1	-	6	7:50
Lap 33	0.35	1:38	4:40	1	-	7	0:14	11.55	53:02	4:35	1	-	6	8:04
Lap 34	0.35	1:38	4:40	1	-	8	0:14	11.90	54:40	4:35	1	-	6	8:18
Lap 35	0.35	1:35	4:31	1	-	7	0:12	12.25	56:15	4:35	1	-	6	8:30
Lap 36	0.35	1:35	4:31	1	-	5	0:12	12.60	57:50	4:35	1	-	6	8:42
Lap 37	0.35	1:35	4:31	1	-	7	0:11	12.95	59:25	4:35	1	-	6	8:53