



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

Arnstadt / 21.02.2024

Detailed evaluation

Arvid Senglaub

Club: Die flinken Gerataler

Number: 72

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M50 (50-54)

Total time: 58:44

Speed: 12.26 km/h

Running performance: 4:39 min/km

Laps: 36 (12.6 km)

Rank in course/Men: 9 (of 39)

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



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Lap 31	0.35	1:43	4:54	4	0:07	13	0:18	10.85	50:20	4:38	2	0:33	9	8:10
Lap 32	0.35	1:42	4:51	3	0:05	11	0:18	11.20	52:02	4:38	2	0:38	9	8:28
Lap 33	0.35	1:42	4:51	2	0:04	9	0:18	11.55	53:44	4:39	2	0:42	9	8:46
Lap 34	0.35	1:44	4:57	3	0:06	14	0:20	11.90	55:28	4:39	2	0:48	9	9:06
Lap 35	0.35	1:40	4:45	3	0:05	12	0:17	12.25	57:08	4:39	2	0:53	9	9:23
Lap 36	0.35	1:36	4:34	2	0:01	8	0:13	12.60	58:44	4:39	2	0:54	9	9:36