



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

Arnstadt / 21.02.2024

## Detailed evaluation

Martin Gruss

Total time: 58:34

Number: 30

Speed: 12.29 km/h

Course: 0.35 km/Lap  
Stundenlauf

Running performance: 4:46 min/km

Laps: 35 (12.25 km)

Rank in course/Men: 11 (of 39)

Category:

Rank in category: 3(of 7)

Senioren M50 (50-54)

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



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Lap 31	0.35	1:47	5:05	7	0:11	22	0:22	10.85	51:48	4:46	3	2:01	11	9:38
Lap 32	0.35	1:44	4:57	4	0:07	13	0:20	11.20	53:32	4:46	3	2:08	11	9:58
Lap 33	0.35	1:43	4:54	3	0:05	13	0:19	11.55	55:15	4:47	3	2:13	11	10:17
Lap 34	0.35	1:40	4:45	2	0:02	11	0:16	11.90	56:55	4:46	3	2:15	11	10:33
Lap 35	0.35	1:39	4:42	2	0:04	9	0:16	12.25	58:34	4:46	3	2:19	11	10:49