



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

Arnstadt / 21.02.2024

Detailed evaluation

Hagen Jarusch

Club: ASV Erfurt

Number: 56

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M50 (50-54)

Total time: 59:07

Speed: 12.18 km/h

Running performance: 4:49 min/km

Laps: 35 (12.25 km)

Rank in course/Men: 13 (of 39)

Rank in category: 4(of 7)

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



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Lap 31	0.35	1:42	4:51	3	0:06	11	0:17	10.85	52:10	4:48	4	2:23	13	10:00
Lap 32	0.35	1:45	5:00	5	0:08	15	0:21	11.20	53:55	4:48	4	2:31	13	10:21
Lap 33	0.35	1:45	5:00	4	0:07	17	0:21	11.55	55:40	4:49	4	2:38	13	10:42
Lap 34	0.35	1:44	4:57	3	0:06	14	0:20	11.90	57:24	4:49	4	2:44	13	11:02
Lap 35	0.35	1:43	4:54	4	0:08	13	0:20	12.25	59:07	4:49	4	2:52	13	11:22