



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

Arnstadt / 21.02.2024

Detailed evaluation

Thorsten Seever

Club: SG Motor Arnstadt

Number: 71

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M50 (50-54)

Total time: 59:23

Speed: 11.11 km/h

Running performance: 5:08 min/km

Laps: 33 (11.55 km)

Rank in course/Men: 21 (of 39)

Rank in category: 5(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 | 1:44 | 4:57 | 4 | 0:20 | 18 | 0:35 | 0.35 | 1:44 | 4:57 | 4 | 0:20 | 18 | 0:35 | |
| Lap 2 | 0.35 | 1:40 | 4:45 | 5 | 0:13 | 22 | 0:27 | 0.70 | 3:24 | 4:51 | 4 | 0:33 | 17 | 1:02 | |
| Lap 3 | 0.35 | 1:42 | 4:51 | 6 | 0:13 | 23 | 0:25 | 1.05 | 5:06 | 4:51 | 5 | 0:46 | 21 | 1:27 | |
| Lap 4 | 0.35 | 1:42 | 4:51 | 6 | 0:10 | 20 | 0:26 | 1.40 | 6:48 | 4:51 | 5 | 0:55 | 20 | 1:53 | |
| Lap 5 | 0.35 | 1:42 | 4:51 | 6 | 0:09 | 19 | 0:23 | 1.75 | 8:30 | 4:51 | 5 | 1:04 | 20 | 2:16 | |
| Lap 6 | 0.35 | 1:43 | 4:54 | 6 | 0:10 | 21 | 0:23 | 2.10 | 10:13 | 4:51 | 5 | 1:14 | 21 | 2:39 | |
| Lap 7 | 0.35 | 1:46 | 5:02 | 6 | 0:13 | 24 | 0:26 | 2.45 | 11:59 | 4:53 | 5 | 1:25 | 21 | 3:05 | |
| Lap 8 | 0.35 | 1:47 | 5:05 | 6 | 0:12 | 24 | 0:26 | 2.80 | 13:46 | 4:55 | 5 | 1:36 | 21 | 3:31 | |
| Lap 9 | 0.35 | 1:47 | 5:05 | 6 | 0:12 | 23 | 0:25 | 3.15 | 15:33 | 4:56 | 5 | 1:48 | 21 | 3:56 | |
| Lap 10 | 0.35 | 1:48 | 5:08 | 6 | 0:14 | 24 | 0:26 | 3.50 | 17:21 | 4:57 | 5 | 2:02 | 21 | 4:22 | |
| Lap 11 | 0.35 | 1:50 | 5:14 | 6 | 0:16 | 25 | 0:28 | 3.85 | 19:11 | 4:58 | 5 | 2:18 | 22 | 4:50 | |
| Lap 12 | 0.35 | 1:46 | 5:02 | 6 | 0:13 | 21 | 0:22 | 4.20 | 20:57 | 4:59 | 5 | 2:26 | 22 | 5:12 | |
| Lap 13 | 0.35 | 1:49 | 5:11 | 6 | 0:15 | 24 | 0:27 | 4.55 | 22:46 | 5:00 | 5 | 2:37 | 22 | 5:39 | |
| Lap 14 | 0.35 | 1:52 | 5:20 | 6 | 0:16 | 26 | 0:28 | 4.90 | 24:38 | 5:01 | 5 | 2:48 | 23 | 6:07 | |
| Lap 15 | 0.35 | 1:52 | 5:20 | 6 | 0:16 | 26 | 0:30 | 5.25 | 26:30 | 5:02 | 5 | 3:01 | 23 | 6:37 | |
| Lap 16 | 0.35 | 1:52 | 5:20 | 6 | 0:15 | 26 | 0:28 | 5.60 | 28:22 | 5:03 | 5 | 3:13 | 23 | 7:05 | |
| Lap 17 | 0.35 | 1:50 | 5:14 | 6 | 0:12 | 23 | 0:27 | 5.95 | 30:12 | 5:04 | 5 | 3:22 | 23 | 7:32 | |
| Lap 18 | 0.35 | 1:48 | 5:08 | 6 | 0:11 | 20 | 0:24 | 6.30 | 32:00 | 5:04 | 5 | 3:31 | 22 | 7:56 | |
| Lap 19 | 0.35 | 1:48 | 5:08 | 6 | 0:11 | 21 | 0:24 | 6.65 | 33:48 | 5:04 | 5 | 3:39 | 21 | 8:20 | |
| Lap 20 | 0.35 | 1:45 | 5:00 | 6 | 0:07 | 17 | 0:21 | 7.00 | 35:33 | 5:04 | 5 | 3:45 | 21 | 8:41 | |
| Lap 21 | 0.35 | 1:45 | 5:00 | 6 | 0:08 | 17 | 0:22 | 7.35 | 37:18 | 5:04 | 5 | 3:50 | 21 | 9:03 | |
| Lap 22 | 0.35 | 1:50 | 5:14 | 6 | 0:12 | 22 | 0:26 | 7.70 | 39:08 | 5:04 | 5 | 3:57 | 21 | 9:29 | |
| Lap 23 | 0.35 | 1:51 | 5:17 | 6 | 0:13 | 24 | 0:28 | 8.05 | 40:59 | 5:05 | 5 | 4:09 | 21 | 9:57 | |
| Lap 24 | 0.35 | 1:53 | 5:22 | 6 | 0:17 | 24 | 0:30 | 8.40 | 42:52 | 5:06 | 5 | 4:26 | 21 | 10:27 | |
| Lap 25 | 0.35 | 1:53 | 5:22 | 6 | 0:14 | 24 | 0:30 | 8.75 | 44:45 | 5:06 | 5 | 4:40 | 21 | 10:57 | |
| Lap 26 | 0.35 | 1:55 | 5:28 | 6 | 0:20 | 27 | 0:32 | 9.10 | 46:40 | 5:07 | 5 | 5:00 | 21 | 11:29 | |
| Lap 27 | 0.35 | 1:52 | 5:20 | 6 | 0:14 | 24 | 0:29 | 9.45 | 48:32 | 5:08 | 5 | 5:14 | 21 | 11:58 | |
| Lap 28 | 0.35 | 1:52 | 5:20 | 6 | 0:15 | 25 | 0:28 | 9.80 | 50:24 | 5:08 | 5 | 5:29 | 21 | 12:26 | |
| Lap 29 | 0.35 | 1:51 | 5:17 | 6 | 0:14 | 26 | 0:28 | 10.15 | 52:15 | 5:08 | 5 | 5:43 | 21 | 12:54 | |
| Lap 30 | 0.35 | 1:48 | 5:08 | 6 | 0:12 | 21 | 0:24 | 10.50 | 54:03 | 5:08 | 5 | 5:53 | 21 | 13:18 | |



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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 31 | 0.35 | 1:45 | 5:00 | 5 | 0:09 | 18 | 0:20 | 10.85 | 55:48 | 5:08 | 5 | 6:01 | 21 | 13:38 |
| Lap 32 | 0.35 | 1:47 | 5:05 | 6 | 0:10 | 18 | 0:23 | 11.20 | 57:35 | 5:08 | 5 | 6:11 | 21 | 14:01 |
| Lap 33 | 0.35 | 1:48 | 5:08 | 5 | 0:10 | 22 | 0:24 | 11.55 | 59:23 | 5:08 | 5 | 6:21 | 21 | 14:25 |