



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

Arnstadt / 21.02.2024

Detailed evaluation

Niels Prasser

Club: SG Motor Arnstadt
Number: 65

Course: 0.35 km/Lap
Stundenlauf

Category:
Senioren M50 (50-54)

Total time: 59:24

Speed: 10.96 km/h

Running performance: 5:28 min/km

Laps: 31 (10.85 km)

Rank in course/Men: 32 (of 39)

Rank in category: 7(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	1:51	5:17	5	0:27	26	0:42	0.35	1:51	5:17	5	0:27	26	0:42
Lap 2	0.35	1:45	5:00	7	0:18	29	0:32	0.70	3:36	5:08	6	0:45	29	1:14
Lap 3	0.35	1:46	5:02	7	0:17	28	0:29	1.05	5:22	5:06	6	1:02	29	1:43
Lap 4	0.35	1:49	5:11	7	0:17	27	0:33	1.40	7:11	5:07	6	1:18	29	2:16
Lap 5	0.35	1:50	5:14	7	0:17	27	0:31	1.75	9:01	5:09	6	1:35	29	2:47
Lap 6	0.35	1:52	5:20	7	0:19	33	0:32	2.10	10:53	5:10	6	1:54	29	3:19
Lap 7	0.35	1:50	5:14	7	0:17	30	0:30	2.45	12:43	5:11	6	2:09	29	3:49
Lap 8	0.35	1:50	5:14	7	0:15	32	0:29	2.80	14:33	5:11	6	2:23	31	4:18
Lap 9	0.35	1:53	5:22	7	0:18	32	0:31	3.15	16:26	5:13	6	2:41	31	4:49
Lap 10	0.35	1:55	5:28	7	0:21	32	0:33	3.50	18:21	5:14	6	3:02	31	5:22
Lap 11	0.35	1:54	5:25	7	0:20	32	0:32	3.85	20:15	5:15	6	3:22	31	5:54
Lap 12	0.35	1:58	5:37	7	0:25	34	0:34	4.20	22:13	5:17	6	3:42	31	6:28
Lap 13	0.35	1:56	5:31	7	0:22	32	0:34	4.55	24:09	5:18	6	4:00	31	7:02
Lap 14	0.35	2:03	5:51	7	0:27	34	0:39	4.90	26:12	5:20	6	4:22	31	7:41
Lap 15	0.35	1:58	5:37	7	0:22	32	0:36	5.25	28:10	5:21	6	4:41	31	8:17
Lap 16	0.35	1:57	5:34	7	0:20	32	0:33	5.60	30:07	5:22	6	4:58	31	8:50
Lap 17	0.35	1:56	5:31	7	0:18	31	0:33	5.95	32:03	5:23	6	5:13	31	9:23
Lap 18	0.35	1:59	5:40	7	0:22	33	0:35	6.30	34:02	5:24	6	5:33	31	9:58
Lap 19	0.35	1:58	5:37	7	0:21	31	0:34	6.65	36:00	5:24	6	5:51	31	10:32
Lap 20	0.35	1:59	5:40	7	0:21	31	0:35	7.00	37:59	5:25	6	6:11	31	11:07
Lap 21	0.35	1:58	5:37	7	0:21	32	0:35	7.35	39:57	5:26	6	6:29	31	11:42
Lap 22	0.35	2:00	5:42	7	0:22	31	0:36	7.70	41:57	5:26	6	6:46	31	12:18
Lap 23	0.35	2:01	5:45	7	0:23	34	0:38	8.05	43:58	5:27	6	7:08	31	12:56
Lap 24	0.35	2:00	5:42	7	0:24	33	0:37	8.40	45:58	5:28	6	7:32	32	13:33
Lap 25	0.35	1:57	5:34	7	0:18	30	0:34	8.75	47:55	5:28	7	7:50	33	14:07
Lap 26	0.35	2:02	5:48	7	0:27	33	0:39	9.10	49:57	5:29	7	8:17	33	14:46
Lap 27	0.35	1:56	5:31	7	0:18	30	0:33	9.45	51:53	5:29	7	8:35	32	15:19
Lap 28	0.35	1:58	5:37	7	0:21	31	0:34	9.80	53:51	5:29	7	8:56	32	15:53
Lap 29	0.35	1:53	5:22	7	0:16	27	0:30	10.15	55:44	5:29	7	9:12	32	16:23
Lap 30	0.35	1:55	5:28	7	0:19	30	0:31	10.50	57:39	5:29	7	9:29	32	16:54



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Lap 31	0.35	1:45	5:00	5	0:09	18	0:20	10.85	59:24	5:28	7	9:37	32	17:14