



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

Arnstadt / 21.02.2024

Detailed evaluation

Torsten Stelzner

Club: WSV Ilmenau

Number: 73

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M55 (55-59)

Total time: 59:48

Speed: 12.29 km/h

Running performance: 4:52 min/km

Laps: 35 (12.25 km)

Rank in course/Men: 16 (of 39)

Rank in category: 1(of 3)

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	1:34	4:28	1	-	9	0:25	0.35	1:34	4:28	1	-	9	0:25	
Lap 2	0.35	1:32	4:22	1	-	10	0:19	0.70	3:06	4:25	1	-	9	0:44	
Lap 3	0.35	1:34	4:28	1	-	12	0:17	1.05	4:40	4:26	1	-	9	1:01	
Lap 4	0.35	1:36	4:34	1	-	13	0:20	1.40	6:16	4:28	1	-	10	1:21	
Lap 5	0.35	1:37	4:37	1	-	13	0:18	1.75	7:53	4:30	1	-	10	1:39	
Lap 6	0.35	1:38	4:40	1	-	11	0:18	2.10	9:31	4:31	1	-	10	1:57	
Lap 7	0.35	1:37	4:37	1	-	12	0:17	2.45	11:08	4:32	1	-	10	2:14	
Lap 8	0.35	1:38	4:40	1	-	12	0:17	2.80	12:46	4:33	1	-	11	2:31	
Lap 9	0.35	1:40	4:45	1	-	15	0:18	3.15	14:26	4:34	1	-	12	2:49	
Lap 10	0.35	1:40	4:45	1	-	13	0:18	3.50	16:06	4:36	1	-	12	3:07	
Lap 11	0.35	1:41	4:48	1	-	15	0:19	3.85	17:47	4:37	1	-	11	3:26	
Lap 12	0.35	1:42	4:51	1	-	17	0:18	4.20	19:29	4:38	1	-	13	3:44	
Lap 13	0.35	1:41	4:48	1	-	15	0:19	4.55	21:10	4:39	1	-	12	4:03	
Lap 14	0.35	1:40	4:45	1	-	12	0:16	4.90	22:50	4:39	1	-	12	4:19	
Lap 15	0.35	1:44	4:57	1	-	17	0:22	5.25	24:34	4:40	1	-	12	4:41	
Lap 16	0.35	1:43	4:54	1	-	15	0:19	5.60	26:17	4:41	1	-	12	5:00	
Lap 17	0.35	1:42	4:51	1	-	15	0:19	5.95	27:59	4:42	1	-	12	5:19	
Lap 18	0.35	1:43	4:54	1	-	12	0:19	6.30	29:42	4:42	1	-	13	5:38	
Lap 19	0.35	1:43	4:54	1	-	14	0:19	6.65	31:25	4:43	1	-	13	5:57	
Lap 20	0.35	1:44	4:57	1	-	16	0:20	7.00	33:09	4:44	1	-	13	6:17	
Lap 21	0.35	1:44	4:57	1	-	15	0:21	7.35	34:53	4:44	1	-	13	6:38	
Lap 22	0.35	1:43	4:54	1	-	11	0:19	7.70	36:36	4:45	1	-	13	6:57	
Lap 23	0.35	1:43	4:54	1	-	13	0:20	8.05	38:19	4:45	1	-	13	7:17	
Lap 24	0.35	1:47	5:05	1	-	16	0:24	8.40	40:06	4:46	1	-	13	7:41	
Lap 25	0.35	1:47	5:05	1	-	18	0:24	8.75	41:53	4:47	1	-	13	8:05	
Lap 26	0.35	1:49	5:11	1	-	20	0:26	9.10	43:42	4:48	1	-	14	8:31	
Lap 27	0.35	1:48	5:08	1	-	18	0:25	9.45	45:30	4:48	1	-	14	8:56	
Lap 28	0.35	1:47	5:05	1	-	15	0:23	9.80	47:17	4:49	1	-	14	9:19	
Lap 29	0.35	1:47	5:05	1	-	16	0:24	10.15	49:04	4:50	1	-	14	9:43	
Lap 30	0.35	1:47	5:05	1	-	17	0:23	10.50	50:51	4:50	1	-	14	10:06	



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Lap 31	0.35	1:46	5:02	2	0:03	20	0:21	10.85	52:37	4:50	1	-	14	10:27
Lap 32	0.35	1:48	5:08	2	0:01	21	0:24	11.20	54:25	4:51	1	-	14	10:51
Lap 33	0.35	1:48	5:08	1	-	22	0:24	11.55	56:13	4:52	1	-	14	11:15
Lap 34	0.35	1:50	5:14	1	-	18	0:26	11.90	58:03	4:52	1	-	16	11:41
Lap 35	0.35	1:45	5:00	1	-	16	0:22	12.25	59:48	4:52	1	-	16	12:03