



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

Arnstadt / 21.02.2024

Detailed evaluation

Jörg Grimm

Club: SPORTident

Number: 54

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M55 (55-59)

Total time: 59:41

Speed: 11.26 km/h

Running performance: 5:19 min/km

Laps: 32 (11.2 km)

Rank in course/Men: 29 (of 39)

Rank in category: 2(of 3)

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 | 1:45 | 5:00 | 2 | 0:11 | 19 | 0:36 | 0.35 | 1:45 | 5:00 | 2 | 0:11 | 19 | 0:36 |
| Lap 2 | 0.35 | 1:37 | 4:37 | 2 | 0:05 | 17 | 0:24 | 0.70 | 3:22 | 4:48 | 2 | 0:16 | 16 | 1:00 |
| Lap 3 | 0.35 | 1:41 | 4:48 | 2 | 0:07 | 20 | 0:24 | 1.05 | 5:03 | 4:48 | 2 | 0:23 | 20 | 1:24 |
| Lap 4 | 0.35 | 2:02 | 5:48 | 3 | 0:26 | 36 | 0:46 | 1.40 | 7:05 | 5:03 | 2 | 0:49 | 25 | 2:10 |
| Lap 5 | 0.35 | 1:44 | 4:57 | 2 | 0:07 | 24 | 0:25 | 1.75 | 8:49 | 5:02 | 2 | 0:56 | 25 | 2:35 |
| Lap 6 | 0.35 | 1:45 | 5:00 | 2 | 0:07 | 26 | 0:25 | 2.10 | 10:34 | 5:01 | 2 | 1:03 | 25 | 3:00 |
| Lap 7 | 0.35 | 1:47 | 5:05 | 2 | 0:10 | 27 | 0:27 | 2.45 | 12:21 | 5:02 | 2 | 1:13 | 25 | 3:27 |
| Lap 8 | 0.35 | 1:48 | 5:08 | 2 | 0:10 | 25 | 0:27 | 2.80 | 14:09 | 5:03 | 2 | 1:23 | 25 | 3:54 |
| Lap 9 | 0.35 | 1:47 | 5:05 | 2 | 0:07 | 23 | 0:25 | 3.15 | 15:56 | 5:03 | 2 | 1:30 | 25 | 4:19 |
| Lap 10 | 0.35 | 1:50 | 5:14 | 2 | 0:10 | 26 | 0:28 | 3.50 | 17:46 | 5:04 | 2 | 1:40 | 25 | 4:47 |
| Lap 11 | 0.35 | 1:51 | 5:17 | 2 | 0:10 | 27 | 0:29 | 3.85 | 19:37 | 5:05 | 2 | 1:50 | 25 | 5:16 |
| Lap 12 | 0.35 | 1:50 | 5:14 | 2 | 0:08 | 25 | 0:26 | 4.20 | 21:27 | 5:06 | 2 | 1:58 | 25 | 5:42 |
| Lap 13 | 0.35 | 1:52 | 5:20 | 2 | 0:11 | 28 | 0:30 | 4.55 | 23:19 | 5:07 | 2 | 2:09 | 24 | 6:12 |
| Lap 14 | 0.35 | 1:52 | 5:20 | 2 | 0:12 | 26 | 0:28 | 4.90 | 25:11 | 5:08 | 2 | 2:21 | 24 | 6:40 |
| Lap 15 | 0.35 | 1:55 | 5:28 | 2 | 0:11 | 28 | 0:33 | 5.25 | 27:06 | 5:09 | 2 | 2:32 | 24 | 7:13 |
| Lap 16 | 0.35 | 1:51 | 5:17 | 2 | 0:08 | 24 | 0:27 | 5.60 | 28:57 | 5:10 | 2 | 2:40 | 24 | 7:40 |
| Lap 17 | 0.35 | 1:53 | 5:22 | 2 | 0:11 | 28 | 0:30 | 5.95 | 30:50 | 5:10 | 2 | 2:51 | 25 | 8:10 |
| Lap 18 | 0.35 | 1:53 | 5:22 | 2 | 0:10 | 29 | 0:29 | 6.30 | 32:43 | 5:11 | 2 | 3:01 | 25 | 8:39 |
| Lap 19 | 0.35 | 1:55 | 5:28 | 2 | 0:12 | 29 | 0:31 | 6.65 | 34:38 | 5:12 | 2 | 3:13 | 26 | 9:10 |
| Lap 20 | 0.35 | 1:56 | 5:31 | 2 | 0:12 | 28 | 0:32 | 7.00 | 36:34 | 5:13 | 2 | 3:25 | 26 | 9:42 |
| Lap 21 | 0.35 | 1:56 | 5:31 | 2 | 0:12 | 30 | 0:33 | 7.35 | 38:30 | 5:14 | 2 | 3:37 | 26 | 10:15 |
| Lap 22 | 0.35 | 1:58 | 5:37 | 2 | 0:15 | 29 | 0:34 | 7.70 | 40:28 | 5:15 | 2 | 3:52 | 26 | 10:49 |
| Lap 23 | 0.35 | 1:55 | 5:28 | 2 | 0:12 | 28 | 0:32 | 8.05 | 42:23 | 5:15 | 2 | 4:04 | 26 | 11:21 |
| Lap 24 | 0.35 | 1:55 | 5:28 | 2 | 0:08 | 29 | 0:32 | 8.40 | 44:18 | 5:16 | 2 | 4:12 | 26 | 11:53 |
| Lap 25 | 0.35 | 1:57 | 5:34 | 2 | 0:10 | 30 | 0:34 | 8.75 | 46:15 | 5:17 | 2 | 4:22 | 26 | 12:27 |
| Lap 26 | 0.35 | 1:58 | 5:37 | 3 | 0:09 | 31 | 0:35 | 9.10 | 48:13 | 5:17 | 2 | 4:31 | 27 | 13:02 |
| Lap 27 | 0.35 | 1:56 | 5:31 | 2 | 0:08 | 30 | 0:33 | 9.45 | 50:09 | 5:18 | 2 | 4:39 | 27 | 13:35 |
| Lap 28 | 0.35 | 1:58 | 5:37 | 3 | 0:11 | 31 | 0:34 | 9.80 | 52:07 | 5:19 | 2 | 4:50 | 27 | 14:09 |
| Lap 29 | 0.35 | 1:58 | 5:37 | 3 | 0:11 | 32 | 0:35 | 10.15 | 54:05 | 5:19 | 2 | 5:01 | 28 | 14:44 |
| Lap 30 | 0.35 | 1:57 | 5:34 | 3 | 0:10 | 33 | 0:33 | 10.50 | 56:02 | 5:20 | 2 | 5:11 | 28 | 15:17 |



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

Arnstadt / 21.02.2024

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 31 | 0.35 | 1:52 | 5:20 | 3 | 0:09 | 30 | 0:27 | 10.85 | 57:54 | 5:20 | 2 | 5:17 | 29 | 15:44 |
| Lap 32 | 0.35 | 1:47 | 5:05 | 1 | - | 18 | 0:23 | 11.20 | 59:41 | 5:19 | 2 | 5:16 | 29 | 16:07 |