



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

Arnstadt / 21.02.2024

Detailed evaluation

Detlev Moritz

Total time: 58:35

Number: 32

Speed: 10.24 km/h

Course: 0.35 km/Lap

Running performance: 5:23 min/km

Stundenlauf

Laps: 31 (10.85 km)

Category:

Rank in course/Men: 30 (of 39)

Senioren M60 (60-64)

Rank in category: 2(of 5)

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	1:59	5:40	4	0:18	34	0:50	0.35	1:59	5:40	4	0:18	34	0:50	
Lap 2	0.35	1:56	5:31	3	0:10	35	0:43	0.70	3:55	5:35	4	0:28	35	1:33	
Lap 3	0.35	2:00	5:42	3	0:17	35	0:43	1.05	5:55	5:38	4	0:40	35	2:16	
Lap 4	0.35	1:59	5:40	3	0:11	34	0:43	1.40	7:54	5:38	4	0:49	35	2:59	
Lap 5	0.35	2:00	5:42	3	0:10	35	0:41	1.75	9:54	5:39	4	0:58	35	3:40	
Lap 6	0.35	1:59	5:40	3	0:09	35	0:39	2.10	11:53	5:39	3	1:07	34	4:19	
Lap 7	0.35	1:58	5:37	3	0:07	35	0:38	2.45	13:51	5:39	3	1:14	34	4:57	
Lap 8	0.35	1:55	5:28	3	0:06	34	0:34	2.80	15:46	5:37	3	1:20	34	5:31	
Lap 9	0.35	1:59	5:40	3	0:09	35	0:37	3.15	17:45	5:38	3	1:29	34	6:08	
Lap 10	0.35	1:57	5:34	3	0:07	34	0:35	3.50	19:42	5:37	3	1:35	34	6:43	
Lap 11	0.35	1:55	5:28	3	0:05	33	0:33	3.85	21:37	5:36	3	1:40	34	7:16	
Lap 12	0.35	1:55	5:28	3	0:05	32	0:31	4.20	23:32	5:36	3	1:45	34	7:47	
Lap 13	0.35	1:53	5:22	2	0:03	29	0:31	4.55	25:25	5:35	3	1:48	34	8:18	
Lap 14	0.35	1:55	5:28	3	0:05	31	0:31	4.90	27:20	5:34	3	1:53	34	8:49	
Lap 15	0.35	1:53	5:22	2	0:02	27	0:31	5.25	29:13	5:33	3	1:55	34	9:20	
Lap 16	0.35	1:55	5:28	3	0:05	30	0:31	5.60	31:08	5:33	3	2:00	34	9:51	
Lap 17	0.35	1:50	5:14	1	-	23	0:27	5.95	32:58	5:32	3	2:00	33	10:18	
Lap 18	0.35	1:50	5:14	2	0:01	23	0:26	6.30	34:48	5:31	3	2:01	32	10:44	
Lap 19	0.35	1:50	5:14	2	0:01	26	0:26	6.65	36:38	5:30	3	2:02	32	11:10	
Lap 20	0.35	1:53	5:22	2	0:02	25	0:29	7.00	38:31	5:30	3	2:04	32	11:39	
Lap 21	0.35	1:51	5:17	1	-	23	0:28	7.35	40:22	5:29	3	2:04	32	12:07	
Lap 22	0.35	1:51	5:17	2	0:01	25	0:27	7.70	42:13	5:28	3	2:05	32	12:34	
Lap 23	0.35	1:51	5:17	2	0:01	24	0:28	8.05	44:04	5:28	3	2:06	32	13:02	
Lap 24	0.35	1:51	5:17	2	0:01	22	0:28	8.40	45:55	5:27	3	2:07	31	13:30	
Lap 25	0.35	1:48	5:08	1	-	19	0:25	8.75	47:43	5:27	3	2:04	30	13:55	
Lap 26	0.35	1:45	5:00	1	-	14	0:22	9.10	49:28	5:26	3	1:59	30	14:17	
Lap 27	0.35	1:48	5:08	1	-	18	0:25	9.45	51:16	5:25	3	1:56	31	14:42	
Lap 28	0.35	1:50	5:14	1	-	21	0:26	9.80	53:06	5:25	3	1:56	31	15:08	
Lap 29	0.35	1:50	5:14	1	-	22	0:27	10.15	54:56	5:24	2	1:56	30	15:35	
Lap 30	0.35	1:50	5:14	2	0:01	25	0:26	10.50	56:46	5:24	2	1:57	30	16:01	



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Lap 31	0.35	1:49	5:11	2	0:02	25	0:24	10.85	58:35	5:23	2	1:59	30	16:25