



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

Arnstadt / 21.02.2024

Detailed evaluation

Frank Schirwinski

Club: LTV Erfurt

Number: 33

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M60 (60-64)

Total time: 58:52

Speed: 11.06 km/h

Running performance: 5:25 min/km

Laps: 31 (10.85 km)

Rank in course/Men: 31 (of 39)

Rank in category: 3(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 | 1:50 | 5:14 | 2 | 0:09 | 25 | 0:41 | 0.35 | 1:50 | 5:14 | 2 | 0:09 | 25 | 0:41 | |
| Lap 2 | 0.35 | 1:46 | 5:02 | 1 | - | 30 | 0:33 | 0.70 | 3:36 | 5:08 | 2 | 0:09 | 29 | 1:14 | |
| Lap 3 | 0.35 | 1:43 | 4:54 | 1 | - | 26 | 0:26 | 1.05 | 5:19 | 5:03 | 2 | 0:04 | 28 | 1:40 | |
| Lap 4 | 0.35 | 1:48 | 5:08 | 1 | - | 26 | 0:32 | 1.40 | 7:07 | 5:04 | 2 | 0:02 | 28 | 2:12 | |
| Lap 5 | 0.35 | 1:50 | 5:14 | 1 | - | 27 | 0:31 | 1.75 | 8:57 | 5:06 | 2 | 0:01 | 28 | 2:43 | |
| Lap 6 | 0.35 | 1:50 | 5:14 | 1 | - | 28 | 0:30 | 2.10 | 10:47 | 5:08 | 2 | 0:01 | 28 | 3:13 | |
| Lap 7 | 0.35 | 1:51 | 5:17 | 1 | - | 31 | 0:31 | 2.45 | 12:38 | 5:09 | 2 | 0:01 | 28 | 3:44 | |
| Lap 8 | 0.35 | 1:49 | 5:11 | 1 | - | 30 | 0:28 | 2.80 | 14:27 | 5:09 | 2 | 0:01 | 28 | 4:12 | |
| Lap 9 | 0.35 | 1:51 | 5:17 | 2 | 0:01 | 31 | 0:29 | 3.15 | 16:18 | 5:10 | 2 | 0:02 | 28 | 4:41 | |
| Lap 10 | 0.35 | 1:50 | 5:14 | 1 | - | 26 | 0:28 | 3.50 | 18:08 | 5:10 | 2 | 0:01 | 28 | 5:09 | |
| Lap 11 | 0.35 | 1:52 | 5:20 | 2 | 0:02 | 29 | 0:30 | 3.85 | 20:00 | 5:11 | 2 | 0:03 | 29 | 5:39 | |
| Lap 12 | 0.35 | 1:50 | 5:14 | 1 | - | 25 | 0:26 | 4.20 | 21:50 | 5:11 | 2 | 0:03 | 29 | 6:05 | |
| Lap 13 | 0.35 | 1:54 | 5:25 | 3 | 0:04 | 30 | 0:32 | 4.55 | 23:44 | 5:12 | 2 | 0:07 | 29 | 6:37 | |
| Lap 14 | 0.35 | 1:54 | 5:25 | 2 | 0:04 | 29 | 0:30 | 4.90 | 25:38 | 5:13 | 2 | 0:11 | 29 | 7:07 | |
| Lap 15 | 0.35 | 1:55 | 5:28 | 3 | 0:04 | 28 | 0:33 | 5.25 | 27:33 | 5:14 | 2 | 0:15 | 29 | 7:40 | |
| Lap 16 | 0.35 | 1:53 | 5:22 | 2 | 0:03 | 28 | 0:29 | 5.60 | 29:26 | 5:15 | 2 | 0:18 | 29 | 8:09 | |
| Lap 17 | 0.35 | 1:57 | 5:34 | 3 | 0:07 | 33 | 0:34 | 5.95 | 31:23 | 5:16 | 2 | 0:25 | 29 | 8:43 | |
| Lap 18 | 0.35 | 1:56 | 5:31 | 3 | 0:07 | 32 | 0:32 | 6.30 | 33:19 | 5:17 | 2 | 0:32 | 29 | 9:15 | |
| Lap 19 | 0.35 | 1:59 | 5:40 | 3 | 0:10 | 32 | 0:35 | 6.65 | 35:18 | 5:18 | 2 | 0:42 | 29 | 9:50 | |
| Lap 20 | 0.35 | 1:59 | 5:40 | 3 | 0:08 | 31 | 0:35 | 7.00 | 37:17 | 5:19 | 2 | 0:50 | 29 | 10:25 | |
| Lap 21 | 0.35 | 1:57 | 5:34 | 3 | 0:06 | 31 | 0:34 | 7.35 | 39:14 | 5:20 | 2 | 0:56 | 29 | 10:59 | |
| Lap 22 | 0.35 | 1:58 | 5:37 | 3 | 0:08 | 29 | 0:34 | 7.70 | 41:12 | 5:21 | 2 | 1:04 | 29 | 11:33 | |
| Lap 23 | 0.35 | 1:56 | 5:31 | 3 | 0:06 | 31 | 0:33 | 8.05 | 43:08 | 5:21 | 2 | 1:10 | 29 | 12:06 | |
| Lap 24 | 0.35 | 1:56 | 5:31 | 3 | 0:06 | 32 | 0:33 | 8.40 | 45:04 | 5:21 | 2 | 1:16 | 29 | 12:39 | |
| Lap 25 | 0.35 | 2:02 | 5:48 | 3 | 0:14 | 33 | 0:39 | 8.75 | 47:06 | 5:22 | 2 | 1:27 | 29 | 13:18 | |
| Lap 26 | 0.35 | 2:01 | 5:45 | 3 | 0:16 | 32 | 0:38 | 9.10 | 49:07 | 5:23 | 2 | 1:38 | 29 | 13:56 | |
| Lap 27 | 0.35 | 1:58 | 5:37 | 3 | 0:10 | 32 | 0:35 | 9.45 | 51:05 | 5:24 | 2 | 1:45 | 29 | 14:31 | |
| Lap 28 | 0.35 | 1:58 | 5:37 | 3 | 0:08 | 31 | 0:34 | 9.80 | 53:03 | 5:24 | 2 | 1:53 | 30 | 15:05 | |
| Lap 29 | 0.35 | 1:59 | 5:40 | 3 | 0:09 | 33 | 0:36 | 10.15 | 55:02 | 5:25 | 3 | 2:02 | 31 | 15:41 | |
| Lap 30 | 0.35 | 1:55 | 5:28 | 3 | 0:06 | 30 | 0:31 | 10.50 | 56:57 | 5:25 | 3 | 2:08 | 31 | 16:12 | |



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

Arnstadt / 21.02.2024

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 | 1:55 | 5:28 | 3 | 0:08 | 33 | 0:30 | 10.85 | 58:52 | 5:25 | 3 | 2:16 | 31 | 16:42 |