



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

Arnstadt / 21.02.2024

Detailed evaluation

Thomas Bähr

Club: Traktor Rehestädt

Number: 42

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M60 (60-64)

Total time: 58:08

Speed: 10.11 km/h

Running performance: 5:55 min/km

Laps: 28 (9.8 km)

Rank in course/Men: 36 (of 39)

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