



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

Arnstadt / 21.02.2024

Detailed evaluation

Martin Mölders

Club: Gutsmuths-Rensteiglaufverein

Number: 28

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M65 (65-69)

Total time: 59:37

Speed: 12.33 km/h

Running performance: 4:52 min/km

Laps: 35 (12.25 km)

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



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Lap 31	0.35	1:42	4:51	1	-	11	0:17	10.85	52:54	4:52	1	-	15	10:44
Lap 32	0.35	1:43	4:54	1	-	12	0:19	11.20	54:37	4:52	1	-	15	11:03
Lap 33	0.35	1:42	4:51	1	-	9	0:18	11.55	56:19	4:52	1	-	15	11:21
Lap 34	0.35	1:42	4:51	1	-	12	0:18	11.90	58:01	4:52	1	-	15	11:39
Lap 35	0.35	1:36	4:34	1	-	8	0:13	12.25	59:37	4:52	1	-	15	11:52