



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: 12.08 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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time				Pos Men	Behind Men
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