



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

Arnstadt / 21.02.2024

## Detailed evaluation

**Hartmut Wächter**

Club: SG Motor Arnstadt  
Number: 79

Course: 0.35 km/Lap  
Stundenlauf

Category:  
Senioren M70 (70-74)

Total time: 58:48

Speed: 12.14 km/h

Running performance: 4:56 min/km

Laps: 34 (11.9 km)

Rank in course/Men: 17 (of 39)

Rank in category: 1(of 1)

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



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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	1:46	5:02	1	-	20	0:21	10.85	53:35	4:56	1	-	17	11:25
Lap 32	0.35	1:45	5:00	1	-	15	0:21	11.20	55:20	4:56	1	-	17	11:46
Lap 33	0.35	1:44	4:57	1	-	16	0:20	11.55	57:04	4:56	1	-	17	12:06
Lap 34	0.35	1:44	4:57	1	-	14	0:20	11.90	58:48	4:56	1	-	17	12:26