



1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

Detailed evaluation

Markus Stöhr

Total time: 59:40

Number: 68

Speed: 14.08 km/h

Course: 0.35 km/Lap

Running performance: 4:09 min/km

Stundenlauf

Laps: 41 (14.35 km)

Category:

Rank in course/Men: 3 (of 36)

Senioren M35 (35-39)

Rank in category: 1(of 7)

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



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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	1:29	4:14	1	-	3	0:07	10.85	44:40	4:07	1	-	3	3:30
Lap 32	0.35	1:31	4:19	1	-	4	0:10	11.20	46:11	4:07	1	-	3	3:40
Lap 33	0.35	1:31	4:19	2	0:01	6	0:10	11.55	47:42	4:07	1	-	3	3:50
Lap 34	0.35	1:30	4:17	1	-	3	0:09	11.90	49:12	4:08	1	-	3	3:59
Lap 35	0.35	1:29	4:14	1	-	3	0:09	12.25	50:41	4:08	1	-	3	4:08
Lap 36	0.35	1:32	4:22	1	-	5	0:11	12.60	52:13	4:08	1	-	3	4:19
Lap 37	0.35	1:30	4:17	1	-	6	0:10	12.95	53:43	4:08	1	-	3	4:29
Lap 38	0.35	1:31	4:19	2	0:05	6	0:09	13.30	55:14	4:09	1	-	3	4:38
Lap 39	0.35	1:26	4:05	1	-	4	0:04	13.65	56:40	4:09	1	-	3	4:42
Lap 40	0.35	1:27	4:08	2	0:04	5	0:06	14.00	58:07	4:09	1	-	3	4:48
Lap 41	0.35	1:33	4:25	1	-	3	0:13	14.35	59:40	4:09	1	-	3	5:01