



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

Arnstadt / 20.03.2024

Detailed evaluation

Johannes Bähr

Club: Traktor Rehestädt

Number: 41

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M35 (35-39)

Total time: 59:47

Speed: 14.05 km/h

Running performance: 4:16 min/km

Laps: 40 (14 km)

Rank in course/Men: 5 (of 36)

Rank in category: 2(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	1:25	4:02	3	0:08	5	0:20	0.35	1:25	4:02	3	0:08	5	0:20	
Lap 2	0.35	1:26	4:05	3	0:05	6	0:13	0.70	2:51	4:04	3	0:13	5	0:33	
Lap 3	0.35	1:26	4:05	2	0:01	5	0:09	1.05	4:17	4:04	3	0:14	5	0:42	
Lap 4	0.35	1:27	4:08	2	0:03	5	0:10	1.40	5:44	4:05	3	0:17	5	0:52	
Lap 5	0.35	1:27	4:08	2	0:03	4	0:09	1.75	7:11	4:06	3	0:20	5	1:01	
Lap 6	0.35	1:29	4:14	2	0:05	6	0:10	2.10	8:40	4:07	3	0:25	6	1:11	
Lap 7	0.35	1:28	4:11	2	0:03	4	0:08	2.45	10:08	4:08	3	0:28	5	1:19	
Lap 8	0.35	1:28	4:11	2	0:05	4	0:08	2.80	11:36	4:08	2	0:33	4	1:27	
Lap 9	0.35	1:28	4:11	1	-	4	0:08	3.15	13:04	4:08	2	0:33	5	1:35	
Lap 10	0.35	1:29	4:14	2	0:04	5	0:09	3.50	14:33	4:09	2	0:37	5	1:44	
Lap 11	0.35	1:29	4:14	2	0:04	4	0:09	3.85	16:02	4:09	2	0:41	4	1:53	
Lap 12	0.35	1:29	4:14	2	0:04	4	0:11	4.20	17:31	4:10	2	0:45	4	2:04	
Lap 13	0.35	1:31	4:19	2	0:06	6	0:11	4.55	19:02	4:10	2	0:51	5	2:15	
Lap 14	0.35	1:30	4:17	2	0:05	5	0:11	4.90	20:32	4:11	2	0:56	4	2:26	
Lap 15	0.35	1:31	4:19	2	0:06	7	0:10	5.25	22:03	4:12	2	1:02	5	2:36	
Lap 16	0.35	1:29	4:14	2	0:06	5	0:09	5.60	23:32	4:12	2	1:08	4	2:45	
Lap 17	0.35	1:31	4:19	2	0:06	6	0:10	5.95	25:03	4:12	2	1:14	5	2:55	
Lap 18	0.35	1:32	4:22	1	-	4	0:13	6.30	26:35	4:13	2	1:12	5	3:08	
Lap 19	0.35	1:31	4:19	1	-	4	0:10	6.65	28:06	4:13	2	1:10	4	3:18	
Lap 20	0.35	1:31	4:19	2	0:04	6	0:11	7.00	29:37	4:13	2	1:14	5	3:29	
Lap 21	0.35	1:30	4:17	2	0:02	4	0:09	7.35	31:07	4:14	2	1:16	5	3:38	
Lap 22	0.35	1:31	4:19	1	-	3	0:10	7.70	32:38	4:14	2	1:16	5	3:48	
Lap 23	0.35	1:31	4:19	2	0:03	4	0:09	8.05	34:09	4:14	2	1:19	5	3:57	
Lap 24	0.35	1:31	4:19	2	0:01	4	0:09	8.40	35:40	4:14	2	1:20	5	4:06	
Lap 25	0.35	1:30	4:17	2	0:01	4	0:08	8.75	37:10	4:14	2	1:21	4	4:14	
Lap 26	0.35	1:33	4:25	2	0:04	6	0:12	9.10	38:43	4:15	2	1:25	5	4:26	
Lap 27	0.35	1:33	4:25	2	0:04	6	0:10	9.45	40:16	4:15	2	1:29	5	4:36	
Lap 28	0.35	1:32	4:22	2	0:04	5	0:08	9.80	41:48	4:15	2	1:33	5	4:44	
Lap 29	0.35	1:31	4:19	2	0:03	5	0:09	10.15	43:19	4:16	2	1:36	5	4:53	
Lap 30	0.35	1:32	4:22	2	0:04	5	0:10	10.50	44:51	4:16	2	1:40	4	5:03	



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Lap 31	0.35	1:33	4:25	2	0:04	6	0:11	10.85	46:24	4:16	2	1:44	4	5:14
Lap 32	0.35	1:32	4:22	2	0:01	6	0:11	11.20	47:56	4:16	2	1:45	6	5:25
Lap 33	0.35	1:30	4:17	1	-	3	0:09	11.55	49:26	4:16	2	1:44	6	5:34
Lap 34	0.35	1:30	4:17	1	-	3	0:09	11.90	50:56	4:16	2	1:44	5	5:43
Lap 35	0.35	1:31	4:19	2	0:02	5	0:11	12.25	52:27	4:16	2	1:46	5	5:54
Lap 36	0.35	1:33	4:25	2	0:01	8	0:12	12.60	54:00	4:17	2	1:47	6	6:06
Lap 37	0.35	1:31	4:19	2	0:01	8	0:11	12.95	55:31	4:17	2	1:48	5	6:17
Lap 38	0.35	1:26	4:05	1	-	3	0:04	13.30	56:57	4:16	2	1:43	5	6:21
Lap 39	0.35	1:27	4:08	2	0:01	5	0:05	13.65	58:24	4:16	2	1:44	5	6:26
Lap 40	0.35	1:23	3:57	1	-	2	0:02	14.00	59:47	4:16	2	1:40	5	6:28