



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

Arnstadt / 20.03.2024

Detailed evaluation

Gruß Sebastian

Total time: 59:57

Number: 64

Speed: 10.01 km/h

Course: 0.35 km/Lap
Stundenlauf

Running performance: 5:42 min/km

Laps: 30 (10.5 km)

Category:

Rank in course/Men: 28 (of 36)

Senioren M35 (35-39)

Rank in category: 6(of 7)

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	1:53	5:22	5	0:36	27	0:48	0.35	1:53	5:22	5	0:36	27	0:48
Lap 2	0.35	1:48	5:08	5	0:27	25	0:35	0.70	3:41	5:15	5	1:03	26	1:23
Lap 3	0.35	1:41	4:48	4	0:16	18	0:24	1.05	5:22	5:06	4	1:19	24	1:47
Lap 4	0.35	1:40	4:45	4	0:16	17	0:23	1.40	7:02	5:01	4	1:35	22	2:10
Lap 5	0.35	1:46	5:02	4	0:22	20	0:28	1.75	8:48	5:01	4	1:57	21	2:38
Lap 6	0.35	1:48	5:08	4	0:24	23	0:29	2.10	10:36	5:02	4	2:21	21	3:07
Lap 7	0.35	1:52	5:20	4	0:27	25	0:32	2.45	12:28	5:05	4	2:48	22	3:39
Lap 8	0.35	1:52	5:20	4	0:29	25	0:32	2.80	14:20	5:07	4	3:17	23	4:11
Lap 9	0.35	1:53	5:22	4	0:25	25	0:33	3.15	16:13	5:08	4	3:42	23	4:44
Lap 10	0.35	2:01	5:45	6	0:36	29	0:41	3.50	18:14	5:12	4	4:18	24	5:25
Lap 11	0.35	1:58	5:37	5	0:33	26	0:38	3.85	20:12	5:14	4	4:51	24	6:03
Lap 12	0.35	1:59	5:40	6	0:34	28	0:41	4.20	22:11	5:16	4	5:25	24	6:44
Lap 13	0.35	2:00	5:42	6	0:35	28	0:40	4.55	24:11	5:18	4	6:00	24	7:24
Lap 14	0.35	2:02	5:48	6	0:37	29	0:43	4.90	26:13	5:21	5	6:37	25	8:07
Lap 15	0.35	2:04	5:54	6	0:39	30	0:43	5.25	28:17	5:23	5	7:16	25	8:50
Lap 16	0.35	2:02	5:48	6	0:39	28	0:42	5.60	30:19	5:24	5	7:55	25	9:32
Lap 17	0.35	2:03	5:51	6	0:38	30	0:42	5.95	32:22	5:26	5	8:33	25	10:14
Lap 18	0.35	2:09	6:08	6	0:37	30	0:50	6.30	34:31	5:28	5	9:08	25	11:04
Lap 19	0.35	2:10	6:11	6	0:39	31	0:49	6.65	36:41	5:30	5	9:45	25	11:53
Lap 20	0.35	2:09	6:08	6	0:42	30	0:49	7.00	38:50	5:32	5	10:27	25	12:42
Lap 21	0.35	2:08	6:05	6	0:40	30	0:47	7.35	40:58	5:34	5	11:07	25	13:29
Lap 22	0.35	2:16	6:28	6	0:45	31	0:55	7.70	43:14	5:36	5	11:52	25	14:24
Lap 23	0.35	2:13	6:20	6	0:45	30	0:51	8.05	45:27	5:38	6	12:37	28	15:15
Lap 24	0.35	2:10	6:11	6	0:40	30	0:48	8.40	47:37	5:40	6	13:17	28	16:03
Lap 25	0.35	2:15	6:25	6	0:46	32	0:53	8.75	49:52	5:41	6	14:03	28	16:56
Lap 26	0.35	2:09	6:08	5	0:40	28	0:48	9.10	52:01	5:42	6	14:43	28	17:44
Lap 27	0.35	2:05	5:57	6	0:36	27	0:42	9.45	54:06	5:43	6	15:19	28	18:26
Lap 28	0.35	2:08	6:05	6	0:40	29	0:44	9.80	56:14	5:44	6	15:59	28	19:10
Lap 29	0.35	1:56	5:31	6	0:28	26	0:34	10.15	58:10	5:43	6	16:27	28	19:44
Lap 30	0.35	1:47	5:05	4	0:19	19	0:25	10.50	59:57	5:42	6	16:46	28	20:09