



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

Arnstadt / 20.03.2024

Detailed evaluation

Sven Grunwald

Club: IK.IW.IW

Number: 37

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M35 (35-39)

Total time: 58:45

Speed: 8.17 km/h

Running performance: 6:59 min/km

Laps: 24 (8.4 km)

Rank in course/Men: 35 (of 36)

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