



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

Arnstadt / 20.03.2024

Detailed evaluation

Rico Bechmann

Club: VfB Torpedo Ichtershausen

Number: 45

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:50

Speed: 15.04 km/h

Running performance: 3:47 min/km

Laps: 45 (15.75 km)

Rank in course/Men: 1 (of 36)

Rank in category: 1(of 7)

Intermediate times

Stage score

Total ranking

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



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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	1:22	3:54	1	-	1	-	10.85	41:10	3:47	1	-	1	-
Lap 32	0.35	1:21	3:51	1	-	1	-	11.20	42:31	3:47	1	-	1	-
Lap 33	0.35	1:21	3:51	1	-	1	-	11.55	43:52	3:47	1	-	1	-
Lap 34	0.35	1:21	3:51	1	-	1	-	11.90	45:13	3:47	1	-	1	-
Lap 35	0.35	1:20	3:48	1	-	1	-	12.25	46:33	3:47	1	-	1	-
Lap 36	0.35	1:21	3:51	1	-	1	-	12.60	47:54	3:48	1	-	1	-
Lap 37	0.35	1:20	3:48	1	-	1	-	12.95	49:14	3:48	1	-	1	-
Lap 38	0.35	1:22	3:54	1	-	1	-	13.30	50:36	3:48	1	-	1	-
Lap 39	0.35	1:22	3:54	1	-	1	-	13.65	51:58	3:48	1	-	1	-
Lap 40	0.35	1:21	3:51	1	-	1	-	14.00	53:19	3:48	1	-	1	-
Lap 41	0.35	1:20	3:48	1	-	1	-	14.35	54:39	3:48	1	-	1	-
Lap 42	0.35	1:19	3:45	1	-	1	-	14.70	55:58	3:48	1	-	1	-
Lap 43	0.35	1:20	3:48	1	-	1	-	15.05	57:18	3:48	1	-	1	-
Lap 44	0.35	1:16	3:37	1	-	1	-	15.40	58:34	3:48	1	-	1	-
Lap 45	0.35	1:16	3:37	1	-	1	-	15.75	59:50	3:47	1	-	1	-