



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

Arnstadt / 20.03.2024

## Detailed evaluation

**Stefan Hopping**

Club: VfB Torpedo Ichttershausen

Number: 52

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:41

Speed: 14.07 km/h

Running performance: 4:15 min/km

Laps: 40 (14 km)

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



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Intermediate times

Stage score

Total ranking

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	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	1:31	4:19	2	0:09	4	0:09	10.85	46:26	4:16	2	5:16	6	5:16
Lap 32	0.35	1:29	4:14	2	0:08	3	0:08	11.20	47:55	4:16	2	5:24	4	5:24
Lap 33	0.35	1:30	4:17	2	0:09	3	0:09	11.55	49:25	4:16	2	5:33	4	5:33
Lap 34	0.35	1:30	4:17	2	0:09	3	0:09	11.90	50:55	4:16	2	5:42	4	5:42
Lap 35	0.35	1:29	4:14	2	0:09	3	0:09	12.25	52:24	4:16	2	5:51	4	5:51
Lap 36	0.35	1:29	4:14	2	0:08	3	0:08	12.60	53:53	4:16	2	5:59	4	5:59
Lap 37	0.35	1:28	4:11	2	0:08	3	0:08	12.95	55:21	4:16	2	6:07	4	6:07
Lap 38	0.35	1:27	4:08	2	0:05	4	0:05	13.30	56:48	4:16	2	6:12	4	6:12
Lap 39	0.35	1:27	4:08	3	0:05	5	0:05	13.65	58:15	4:16	2	6:17	4	6:17
Lap 40	0.35	1:26	4:05	2	0:05	4	0:05	14.00	59:41	4:15	2	6:22	4	6:22