



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

Arnstadt / 20.03.2024

Detailed evaluation

Tom Brück

Club: Langstrecke Arnstadt

Number: 48

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:55

Speed: 13.67 km/h

Running performance: 4:23 min/km

Laps: 39 (13.65 km)

Rank in course/Men: 7 (of 36)

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



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Lap 31	0.35	1:37	4:37	4	0:15	8	0:15	10.85	47:29	4:22	3	6:19	7	6:19
Lap 32	0.35	1:37	4:37	4	0:16	9	0:16	11.20	49:06	4:23	3	6:35	7	6:35
Lap 33	0.35	1:36	4:34	4	0:15	10	0:15	11.55	50:42	4:23	3	6:50	7	6:50
Lap 34	0.35	1:36	4:34	4	0:15	9	0:15	11.90	52:18	4:23	3	7:05	7	7:05
Lap 35	0.35	1:36	4:34	4	0:16	8	0:16	12.25	53:54	4:23	3	7:21	7	7:21
Lap 36	0.35	1:36	4:34	4	0:15	10	0:15	12.60	55:30	4:24	3	7:36	7	7:36
Lap 37	0.35	1:33	4:25	4	0:13	9	0:13	12.95	57:03	4:24	3	7:49	7	7:49
Lap 38	0.35	1:30	4:17	3	0:08	5	0:08	13.30	58:33	4:24	3	7:57	7	7:57
Lap 39	0.35	1:22	3:54	1	-	1	-	13.65	59:55	4:23	3	7:57	7	7:57