



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

Arnstadt / 20.03.2024

Detailed evaluation

Christian Garz

Club: VfB Torpedo Ichtershausen

Number: 49

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 58:39

Speed: 13.30 km/h

Running performance: 4:24 min/km

Laps: 38 (13.3 km)

Rank in course/Men: 8 (of 36)

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



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Lap 31	0.35	1:31	4:19	2	0:09	4	0:09	10.85	49:22	4:32	4	8:12	10	8:12
Lap 32	0.35	1:36	4:34	3	0:15	7	0:15	11.20	50:58	4:33	4	8:27	10	8:27
Lap 33	0.35	1:35	4:31	3	0:14	8	0:14	11.55	52:33	4:32	4	8:41	10	8:41
Lap 34	0.35	1:33	4:25	3	0:12	8	0:12	11.90	54:06	4:32	4	8:53	10	8:53
Lap 35	0.35	1:33	4:25	3	0:13	7	0:13	12.25	55:39	4:32	4	9:06	9	9:06
Lap 36	0.35	1:30	4:17	3	0:09	4	0:09	12.60	57:09	4:32	4	9:15	8	9:15
Lap 37	0.35	1:30	4:17	3	0:10	6	0:10	12.95	58:39	4:31	4	9:25	8	9:25
Lap 38	0.35	-	-	4		8		13.30	58:39	4:24	4	8:03	8	8:03