



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

Arnstadt / 20.03.2024

Detailed evaluation

Manuel Walther

Club: MC Gräfenroda

Number: 74

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:16

Speed: 12.15 km/h

Running performance: 4:50 min/km

Laps: 35 (12.25 km)

Rank in course/Men: 15 (of 36)

Rank in category: 5(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	1:36	4:34	6	0:31	14	0:31	0.35	1:36	4:34	6	0:31	14	0:31	
Lap 2	0.35	1:33	4:25	6	0:20	15	0:20	0.70	3:09	4:30	6	0:51	14	0:51	
Lap 3	0.35	1:36	4:34	6	0:19	16	0:19	1.05	4:45	4:31	6	1:10	15	1:10	
Lap 4	0.35	1:37	4:37	6	0:20	15	0:20	1.40	6:22	4:32	6	1:30	15	1:30	
Lap 5	0.35	1:36	4:34	6	0:18	15	0:18	1.75	7:58	4:33	6	1:48	16	1:48	
Lap 6	0.35	1:37	4:37	6	0:18	15	0:18	2.10	9:35	4:33	6	2:06	16	2:06	
Lap 7	0.35	1:40	4:45	6	0:20	15	0:20	2.45	11:15	4:35	6	2:26	16	2:26	
Lap 8	0.35	1:39	4:42	6	0:19	14	0:19	2.80	12:54	4:36	6	2:45	16	2:45	
Lap 9	0.35	1:39	4:42	6	0:19	16	0:19	3.15	14:33	4:37	6	3:04	16	3:04	
Lap 10	0.35	1:40	4:45	6	0:20	16	0:20	3.50	16:13	4:37	6	3:24	16	3:24	
Lap 11	0.35	1:39	4:42	6	0:19	15	0:19	3.85	17:52	4:38	6	3:43	16	3:43	
Lap 12	0.35	1:42	4:51	6	0:24	15	0:24	4.20	19:34	4:39	6	4:07	16	4:07	
Lap 13	0.35	1:42	4:51	6	0:22	16	0:22	4.55	21:16	4:40	6	4:29	16	4:29	
Lap 14	0.35	1:42	4:51	6	0:23	16	0:23	4.90	22:58	4:41	6	4:52	16	4:52	
Lap 15	0.35	1:42	4:51	6	0:21	15	0:21	5.25	24:40	4:41	6	5:13	16	5:13	
Lap 16	0.35	1:44	4:57	6	0:24	16	0:24	5.60	26:24	4:42	6	5:37	16	5:37	
Lap 17	0.35	1:45	5:00	6	0:24	17	0:24	5.95	28:09	4:43	6	6:01	16	6:01	
Lap 18	0.35	1:41	4:48	5	0:22	14	0:22	6.30	29:50	4:44	6	6:23	16	6:23	
Lap 19	0.35	1:43	4:54	5	0:22	16	0:22	6.65	31:33	4:44	6	6:45	16	6:45	
Lap 20	0.35	1:42	4:51	5	0:22	13	0:22	7.00	33:15	4:45	5	7:07	15	7:07	
Lap 21	0.35	1:43	4:54	5	0:22	14	0:22	7.35	34:58	4:45	5	7:29	15	7:29	
Lap 22	0.35	1:45	5:00	5	0:24	15	0:24	7.70	36:43	4:46	5	7:53	15	7:53	
Lap 23	0.35	1:45	5:00	5	0:23	15	0:23	8.05	38:28	4:46	5	8:16	15	8:16	
Lap 24	0.35	1:47	5:05	5	0:25	17	0:25	8.40	40:15	4:47	5	8:41	15	8:41	
Lap 25	0.35	1:46	5:02	5	0:24	16	0:24	8.75	42:01	4:48	5	9:05	15	9:05	
Lap 26	0.35	1:45	5:00	5	0:24	16	0:24	9.10	43:46	4:48	5	9:29	15	9:29	
Lap 27	0.35	1:45	5:00	5	0:22	14	0:22	9.45	45:31	4:48	5	9:51	15	9:51	
Lap 28	0.35	1:44	4:57	5	0:20	13	0:20	9.80	47:15	4:49	5	10:11	15	10:11	
Lap 29	0.35	1:43	4:54	5	0:21	14	0:21	10.15	48:58	4:49	5	10:32	15	10:32	
Lap 30	0.35	1:43	4:54	5	0:21	14	0:21	10.50	50:41	4:49	5	10:53	15	10:53	



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Lap 31	0.35	1:44	4:57	5	0:22	14	0:22	10.85	52:25	4:49	5	11:15	15	11:15
Lap 32	0.35	1:42	4:51	5	0:21	14	0:21	11.20	54:07	4:49	5	11:36	15	11:36
Lap 33	0.35	1:44	4:57	5	0:23	15	0:23	11.55	55:51	4:50	5	11:59	15	11:59
Lap 34	0.35	1:43	4:54	5	0:22	16	0:22	11.90	57:34	4:50	5	12:21	15	12:21
Lap 35	0.35	1:42	4:51	5	0:22	13	0:22	12.25	59:16	4:50	5	12:43	15	12:43