



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

Arnstadt / 20.03.2024

Detailed evaluation

Marcel Köpke

Total time: 29:24

Number: 84

Speed: 13.57 km/h

Course: 0.35 km/Lap

Running performance: 4:25 min/km

Stundenlauf

Laps: 19 (6.65 km)

Category:

Rank in course/Men: 36 (of 36)

Senioren M40 (40-44)

Rank in category: 7(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	1:29	4:14	5	0:24	11	0:24	0.35	1:29	4:14	5	0:24	11	0:24
Lap 2	0.35	1:31	4:19	3	0:18	9	0:18	0.70	3:00	4:17	5	0:42	11	0:42
Lap 3	0.35	1:30	4:17	3	0:13	8	0:13	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	1:30	4:17	3	0:12	9	0:12	1.75	7:31	4:17	4	1:21	10	1:21
Lap 6	0.35	1:30	4:17	3	0:11	10	0:11	2.10	9:01	4:17	4	1:32	10	1:32
Lap 7	0.35	1:30	4:17	4	0:10	9	0:10	2.45	10:31	4:17	4	1:42	10	1:42
Lap 8	0.35	1:31	4:19	4	0:11	9	0:11	2.80	12:02	4:17	4	1:53	10	1:53
Lap 9	0.35	1:32	4:22	4	0:12	11	0:12	3.15	13:34	4:18	4	2:05	10	2:05
Lap 10	0.35	1:34	4:28	4	0:14	9	0:14	3.50	15:08	4:19	4	2:19	10	2:19
Lap 11	0.35	1:31	4:19	2	0:11	6	0:11	3.85	16:39	4:19	4	2:30	9	2:30
Lap 12	0.35	1:31	4:19	3	0:13	7	0:13	4.20	18:10	4:19	4	2:43	9	2:43
Lap 13	0.35	1:31	4:19	3	0:11	6	0:11	4.55	19:41	4:19	4	2:54	9	2:54
Lap 14	0.35	1:32	4:22	4	0:13	8	0:13	4.90	21:13	4:19	4	3:07	9	3:07
Lap 15	0.35	1:34	4:28	4	0:13	8	0:13	5.25	22:47	4:20	4	3:20	9	3:20
Lap 16	0.35	1:35	4:31	4	0:15	8	0:15	5.60	24:22	4:21	4	3:35	9	3:35
Lap 17	0.35	1:37	4:37	4	0:16	11	0:16	5.95	25:59	4:22	4	3:51	9	3:51
Lap 18	0.35	1:41	4:48	5	0:22	14	0:22	6.30	27:40	4:23	4	4:13	9	4:13
Lap 19	0.35	1:44	4:57	6	0:23	17	0:23	6.65	29:24	4:25	4	4:36	9	4:36