



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

Arnstadt / 20.03.2024

Detailed evaluation

Henrik Stutzig

Number: 69

Course: 0.35 km/Lap
Stundenlauf

Category:

Senioren M45 (45-49)

Total time: 58:45

Speed: 13.28 km/h

Running performance: 4:18 min/km

Laps: 39 (13.65 km)

Rank in course/Men: 6 (of 36)

Rank in category: 1(of 5)

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	2	0:01	9	0:23	0.35	1:28	4:11	2	0:01	9	0:23
Lap 2	0.35	1:25	4:02	1	-	5	0:12	0.70	2:53	4:07	1	-	6	0:35
Lap 3	0.35	1:25	4:02	1	-	3	0:08	1.05	4:18	4:05	1	-	6	0:43
Lap 4	0.35	1:26	4:05	1	-	4	0:09	1.40	5:44	4:05	1	-	5	0:52
Lap 5	0.35	1:27	4:08	1	-	4	0:09	1.75	7:11	4:06	1	-	5	1:01
Lap 6	0.35	1:28	4:11	1	-	4	0:09	2.10	8:39	4:07	1	-	5	1:10
Lap 7	0.35	1:29	4:14	1	-	5	0:09	2.45	10:08	4:08	1	-	5	1:19
Lap 8	0.35	1:28	4:11	1	-	4	0:08	2.80	11:36	4:08	1	-	4	1:27
Lap 9	0.35	1:27	4:08	1	-	3	0:07	3.15	13:03	4:08	1	-	4	1:34
Lap 10	0.35	1:29	4:14	1	-	5	0:09	3.50	14:32	4:09	1	-	4	1:43
Lap 11	0.35	1:30	4:17	1	-	5	0:10	3.85	16:02	4:09	1	-	4	1:53
Lap 12	0.35	1:29	4:14	1	-	4	0:11	4.20	17:31	4:10	1	-	4	2:04
Lap 13	0.35	1:30	4:17	1	-	5	0:10	4.55	19:01	4:10	1	-	4	2:14
Lap 14	0.35	1:31	4:19	1	-	6	0:12	4.90	20:32	4:11	1	-	4	2:26
Lap 15	0.35	1:30	4:17	1	-	5	0:09	5.25	22:02	4:11	1	-	4	2:35
Lap 16	0.35	1:30	4:17	1	-	6	0:10	5.60	23:32	4:12	1	-	4	2:45
Lap 17	0.35	1:30	4:17	1	-	5	0:09	5.95	25:02	4:12	1	-	4	2:54
Lap 18	0.35	1:32	4:22	1	-	4	0:13	6.30	26:34	4:13	1	-	4	3:07
Lap 19	0.35	1:32	4:22	1	-	5	0:11	6.65	28:06	4:13	1	-	4	3:18
Lap 20	0.35	1:30	4:17	1	-	4	0:10	7.00	29:36	4:13	1	-	4	3:28
Lap 21	0.35	1:30	4:17	1	-	4	0:09	7.35	31:06	4:13	1	-	4	3:37
Lap 22	0.35	1:31	4:19	1	-	3	0:10	7.70	32:37	4:14	1	-	4	3:47
Lap 23	0.35	1:31	4:19	1	-	4	0:09	8.05	34:08	4:14	1	-	4	3:56
Lap 24	0.35	1:31	4:19	1	-	4	0:09	8.40	35:39	4:14	1	-	4	4:05
Lap 25	0.35	1:31	4:19	1	-	5	0:09	8.75	37:10	4:14	1	-	4	4:14
Lap 26	0.35	1:32	4:22	1	-	5	0:11	9.10	38:42	4:15	1	-	4	4:25
Lap 27	0.35	1:32	4:22	1	-	5	0:09	9.45	40:14	4:15	1	-	4	4:34
Lap 28	0.35	1:32	4:22	1	-	5	0:08	9.80	41:46	4:15	1	-	4	4:42
Lap 29	0.35	1:32	4:22	1	-	6	0:10	10.15	43:18	4:15	1	-	4	4:52
Lap 30	0.35	1:33	4:25	1	-	6	0:11	10.50	44:51	4:16	1	-	4	5:03



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Lap 31	0.35	1:33	4:25	1	-	6	0:11	10.85	46:24	4:16	1	-	4	5:14
Lap 32	0.35	1:31	4:19	1	-	4	0:10	11.20	47:55	4:16	1	-	4	5:24
Lap 33	0.35	1:30	4:17	1	-	3	0:09	11.55	49:25	4:16	1	-	4	5:33
Lap 34	0.35	1:31	4:19	1	-	6	0:10	11.90	50:56	4:16	1	-	5	5:43
Lap 35	0.35	1:31	4:19	1	-	5	0:11	12.25	52:27	4:16	1	-	5	5:54
Lap 36	0.35	1:32	4:22	1	-	5	0:11	12.60	53:59	4:17	1	-	5	6:05
Lap 37	0.35	1:33	4:25	1	-	9	0:13	12.95	55:32	4:17	1	-	6	6:18
Lap 38	0.35	1:36	4:34	1	-	7	0:14	13.30	57:08	4:17	1	-	6	6:32
Lap 39	0.35	1:37	4:37	1	-	7	0:15	13.65	58:45	4:18	1	-	6	6:47