



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

Arnstadt / 20.03.2024

## Detailed evaluation

Matthias Haupt

Total time: 59:42

Number: 57

Speed: 10.05 km/h

Course: 0.35 km/Lap

Running performance: 5:41 min/km

Stundenlauf

Laps: 30 (10.5 km)

Category:

Rank in course/Men: 26 (of 36)

Senioren M45 (45-49)

Rank in category: 5(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               | 1:55       | 5:28         | 5        | 0:28        | 29          | 0:50       | 0.35     | 1:55          | 5:28         | 5        | 0:28        | 29      | 0:50       |
| Lap 2   | 0.35               | 1:50       | 5:14         | 5        | 0:25        | 27          | 0:37       | 0.70     | 3:45          | 5:21         | 5        | 0:52        | 28      | 1:27       |
| Lap 3   | 0.35               | 1:57       | 5:34         | 5        | 0:32        | 29          | 0:40       | 1.05     | 5:42          | 5:25         | 5        | 1:24        | 28      | 2:07       |
| Lap 4   | 0.35               | 1:51       | 5:17         | 5        | 0:25        | 26          | 0:34       | 1.40     | 7:33          | 5:23         | 5        | 1:49        | 28      | 2:41       |
| Lap 5   | 0.35               | 1:53       | 5:22         | 5        | 0:26        | 26          | 0:35       | 1.75     | 9:26          | 5:23         | 5        | 2:15        | 27      | 3:16       |
| Lap 6   | 0.35               | 1:55       | 5:28         | 5        | 0:27        | 28          | 0:36       | 2.10     | 11:21         | 5:24         | 5        | 2:42        | 27      | 3:52       |
| Lap 7   | 0.35               | 1:55       | 5:28         | 5        | 0:26        | 28          | 0:35       | 2.45     | 13:16         | 5:24         | 5        | 3:08        | 27      | 4:27       |
| Lap 8   | 0.35               | 1:55       | 5:28         | 5        | 0:27        | 27          | 0:35       | 2.80     | 15:11         | 5:25         | 5        | 3:35        | 27      | 5:02       |
| Lap 9   | 0.35               | 1:59       | 5:40         | 5        | 0:32        | 29          | 0:39       | 3.15     | 17:10         | 5:26         | 5        | 4:07        | 27      | 5:41       |
| Lap 10  | 0.35               | 1:59       | 5:40         | 5        | 0:30        | 28          | 0:39       | 3.50     | 19:09         | 5:28         | 5        | 4:37        | 27      | 6:20       |
| Lap 11  | 0.35               | 1:58       | 5:37         | 5        | 0:28        | 26          | 0:38       | 3.85     | 21:07         | 5:29         | 5        | 5:05        | 27      | 6:58       |
| Lap 12  | 0.35               | 1:59       | 5:40         | 5        | 0:30        | 28          | 0:41       | 4.20     | 23:06         | 5:30         | 5        | 5:35        | 27      | 7:39       |
| Lap 13  | 0.35               | 2:00       | 5:42         | 5        | 0:30        | 28          | 0:40       | 4.55     | 25:06         | 5:30         | 5        | 6:05        | 27      | 8:19       |
| Lap 14  | 0.35               | 2:00       | 5:42         | 5        | 0:29        | 27          | 0:41       | 4.90     | 27:06         | 5:31         | 5        | 6:34        | 27      | 9:00       |
| Lap 15  | 0.35               | 2:01       | 5:45         | 5        | 0:31        | 27          | 0:40       | 5.25     | 29:07         | 5:32         | 5        | 7:05        | 27      | 9:40       |
| Lap 16  | 0.35               | 2:00       | 5:42         | 5        | 0:30        | 27          | 0:40       | 5.60     | 31:07         | 5:33         | 5        | 7:35        | 27      | 10:20      |
| Lap 17  | 0.35               | 2:02       | 5:48         | 5        | 0:32        | 27          | 0:41       | 5.95     | 33:09         | 5:34         | 5        | 8:07        | 29      | 11:01      |
| Lap 18  | 0.35               | 2:02       | 5:48         | 5        | 0:30        | 27          | 0:43       | 6.30     | 35:11         | 5:35         | 5        | 8:37        | 29      | 11:44      |
| Lap 19  | 0.35               | 2:00       | 5:42         | 5        | 0:28        | 26          | 0:39       | 6.65     | 37:11         | 5:35         | 5        | 9:05        | 29      | 12:23      |
| Lap 20  | 0.35               | 2:04       | 5:54         | 5        | 0:34        | 27          | 0:44       | 7.00     | 39:15         | 5:36         | 5        | 9:39        | 27      | 13:07      |
| Lap 21  | 0.35               | 2:01       | 5:45         | 5        | 0:31        | 26          | 0:40       | 7.35     | 41:16         | 5:36         | 5        | 10:10       | 28      | 13:47      |
| Lap 22  | 0.35               | 2:03       | 5:51         | 5        | 0:32        | 25          | 0:42       | 7.70     | 43:19         | 5:37         | 5        | 10:42       | 28      | 14:29      |
| Lap 23  | 0.35               | 2:05       | 5:57         | 5        | 0:34        | 26          | 0:43       | 8.05     | 45:24         | 5:38         | 5        | 11:16       | 26      | 15:12      |
| Lap 24  | 0.35               | 2:06       | 6:00         | 5        | 0:35        | 27          | 0:44       | 8.40     | 47:30         | 5:39         | 5        | 11:51       | 26      | 15:56      |
| Lap 25  | 0.35               | 2:06       | 6:00         | 5        | 0:35        | 27          | 0:44       | 8.75     | 49:36         | 5:40         | 5        | 12:26       | 26      | 16:40      |
| Lap 26  | 0.35               | 2:08       | 6:05         | 5        | 0:36        | 26          | 0:47       | 9.10     | 51:44         | 5:41         | 5        | 13:02       | 26      | 17:27      |
| Lap 27  | 0.35               | 2:03       | 5:51         | 5        | 0:31        | 26          | 0:40       | 9.45     | 53:47         | 5:41         | 5        | 13:33       | 26      | 18:07      |
| Lap 28  | 0.35               | 1:58       | 5:37         | 5        | 0:26        | 26          | 0:34       | 9.80     | 55:45         | 5:41         | 5        | 13:59       | 26      | 18:41      |
| Lap 29  | 0.35               | 1:57       | 5:34         | 5        | 0:25        | 27          | 0:35       | 10.15    | 57:42         | 5:41         | 5        | 14:24       | 26      | 19:16      |
| Lap 30  | 0.35               | 2:00       | 5:42         | 5        | 0:27        | 28          | 0:38       | 10.50    | 59:42         | 5:41         | 5        | 14:51       | 26      | 19:54      |