



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

Arnstadt / 20.03.2024

Detailed evaluation

Ingo Thurm

Number: 73

Course: 0.35 km/Lap
Stundenlauf

Category:

Senioren M50 (50-54)

Total time: 59:08

Speed: 15.22 km/h

Running performance: 3:55 min/km

Laps: 43 (15.05 km)

Rank in course/Men: 2 (of 36)

Rank in category: 1(of 8)

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	1:11	3:22	1	-	2	0:06	0.35	1:11	3:22	1	-	2	0:06
Lap 2	0.35	1:16	3:37	1	-	2	0:03	0.70	2:27	3:30	1	-	2	0:09
Lap 3	0.35	1:18	3:42	1	-	2	0:01	1.05	3:45	3:34	1	-	2	0:10
Lap 4	0.35	1:19	3:45	1	-	2	0:02	1.40	5:04	3:37	1	-	2	0:12
Lap 5	0.35	1:19	3:45	1	-	2	0:01	1.75	6:23	3:38	1	-	2	0:13
Lap 6	0.35	1:21	3:51	1	-	2	0:02	2.10	7:44	3:40	1	-	2	0:15
Lap 7	0.35	1:21	3:51	1	-	2	0:01	2.45	9:05	3:42	1	-	2	0:16
Lap 8	0.35	1:20	3:48	1	-	1	-	2.80	10:25	3:43	1	-	2	0:16
Lap 9	0.35	1:22	3:54	1	-	2	0:02	3.15	11:47	3:44	1	-	2	0:18
Lap 10	0.35	1:22	3:54	1	-	2	0:02	3.50	13:09	3:45	1	-	2	0:20
Lap 11	0.35	1:21	3:51	1	-	2	0:01	3.85	14:30	3:45	1	-	2	0:21
Lap 12	0.35	1:22	3:54	1	-	2	0:04	4.20	15:52	3:46	1	-	2	0:25
Lap 13	0.35	1:21	3:51	1	-	2	0:01	4.55	17:13	3:47	1	-	2	0:26
Lap 14	0.35	1:23	3:57	1	-	2	0:04	4.90	18:36	3:47	1	-	2	0:30
Lap 15	0.35	1:23	3:57	1	-	2	0:02	5.25	19:59	3:48	1	-	2	0:32
Lap 16	0.35	1:23	3:57	1	-	2	0:03	5.60	21:22	3:48	1	-	2	0:35
Lap 17	0.35	1:23	3:57	1	-	2	0:02	5.95	22:45	3:49	1	-	2	0:37
Lap 18	0.35	1:25	4:02	1	-	2	0:06	6.30	24:10	3:50	1	-	2	0:43
Lap 19	0.35	1:24	4:00	1	-	2	0:03	6.65	25:34	3:50	1	-	2	0:46
Lap 20	0.35	1:24	4:00	1	-	2	0:04	7.00	26:58	3:51	1	-	2	0:50
Lap 21	0.35	1:24	4:00	1	-	2	0:03	7.35	28:22	3:51	1	-	2	0:53
Lap 22	0.35	1:25	4:02	1	-	2	0:04	7.70	29:47	3:52	1	-	2	0:57
Lap 23	0.35	1:24	4:00	1	-	2	0:02	8.05	31:11	3:52	1	-	2	0:59
Lap 24	0.35	1:23	3:57	1	-	2	0:01	8.40	32:34	3:52	1	-	2	1:00
Lap 25	0.35	1:25	4:02	1	-	2	0:03	8.75	33:59	3:53	1	-	2	1:03
Lap 26	0.35	1:24	4:00	1	-	2	0:03	9.10	35:23	3:53	1	-	2	1:06
Lap 27	0.35	1:24	4:00	1	-	2	0:01	9.45	36:47	3:53	1	-	2	1:07
Lap 28	0.35	1:25	4:02	1	-	2	0:01	9.80	38:12	3:53	1	-	2	1:08
Lap 29	0.35	1:25	4:02	1	-	2	0:03	10.15	39:37	3:54	1	-	2	1:11
Lap 30	0.35	1:26	4:05	1	-	2	0:04	10.50	41:03	3:54	1	-	2	1:15



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	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 31	0.35	1:24	4:00	1	-	2	0:02	10.85	42:27	3:54	1	-	2	1:17
Lap 32	0.35	1:25	4:02	1	-	2	0:04	11.20	43:52	3:55	1	-	2	1:21
Lap 33	0.35	1:22	3:54	1	-	2	0:01	11.55	45:14	3:54	1	-	2	1:22
Lap 34	0.35	1:23	3:57	1	-	2	0:02	11.90	46:37	3:55	1	-	2	1:24
Lap 35	0.35	1:24	4:00	1	-	2	0:04	12.25	48:01	3:55	1	-	2	1:28
Lap 36	0.35	1:23	3:57	1	-	2	0:02	12.60	49:24	3:55	1	-	2	1:30
Lap 37	0.35	1:24	4:00	1	-	2	0:04	12.95	50:48	3:55	1	-	2	1:34
Lap 38	0.35	1:25	4:02	1	-	2	0:03	13.30	52:13	3:55	1	-	2	1:37
Lap 39	0.35	1:24	4:00	1	-	3	0:02	13.65	53:37	3:55	1	-	2	1:39
Lap 40	0.35	1:25	4:02	1	-	3	0:04	14.00	55:02	3:55	1	-	2	1:43
Lap 41	0.35	1:23	3:57	1	-	2	0:03	14.35	56:25	3:55	1	-	2	1:46
Lap 42	0.35	1:22	3:54	1	-	2	0:03	14.70	57:47	3:55	1	-	2	1:49
Lap 43	0.35	1:21	3:51	1	-	2	0:01	15.05	59:08	3:55	1	-	2	1:50