



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

Arnstadt / 20.03.2024

Detailed evaluation

Arvid Senglaub

Club: Die flinken Gerataler

Number: 66

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M50 (50-54)

Total time: 59:31

Speed: 13.06 km/h

Running performance: 4:35 min/km

Laps: 37 (12.95 km)

Rank in course/Men: 11 (of 36)

Rank in category: 3(of 8)

| 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 | 1:31 | 4:19 | 3 | 0:20 | 13 | 0:26 | 0.35 | 1:31 | 4:19 | 3 | 0:20 | 13 | 0:26 |
| Lap 2 | 0.35 | 1:31 | 4:19 | 2 | 0:15 | 9 | 0:18 | 0.70 | 3:02 | 4:19 | 3 | 0:35 | 13 | 0:44 |
| Lap 3 | 0.35 | 1:31 | 4:19 | 2 | 0:13 | 10 | 0:14 | 1.05 | 4:33 | 4:20 | 3 | 0:48 | 13 | 0:58 |
| Lap 4 | 0.35 | 1:36 | 4:34 | 4 | 0:17 | 14 | 0:19 | 1.40 | 6:09 | 4:23 | 3 | 1:05 | 13 | 1:17 |
| Lap 5 | 0.35 | 1:28 | 4:11 | 2 | 0:09 | 7 | 0:10 | 1.75 | 7:37 | 4:21 | 3 | 1:14 | 13 | 1:27 |
| Lap 6 | 0.35 | 1:29 | 4:14 | 2 | 0:08 | 6 | 0:10 | 2.10 | 9:06 | 4:20 | 3 | 1:22 | 13 | 1:37 |
| Lap 7 | 0.35 | 1:31 | 4:19 | 2 | 0:10 | 11 | 0:11 | 2.45 | 10:37 | 4:20 | 3 | 1:32 | 12 | 1:48 |
| Lap 8 | 0.35 | 1:41 | 4:48 | 4 | 0:21 | 16 | 0:21 | 2.80 | 12:18 | 4:23 | 3 | 1:53 | 13 | 2:09 |
| Lap 9 | 0.35 | 1:31 | 4:19 | 2 | 0:09 | 8 | 0:11 | 3.15 | 13:49 | 4:23 | 3 | 2:02 | 12 | 2:20 |
| Lap 10 | 0.35 | 1:34 | 4:28 | 2 | 0:12 | 9 | 0:14 | 3.50 | 15:23 | 4:23 | 3 | 2:14 | 12 | 2:34 |
| Lap 11 | 0.35 | 1:35 | 4:31 | 3 | 0:14 | 12 | 0:15 | 3.85 | 16:58 | 4:24 | 3 | 2:28 | 12 | 2:49 |
| Lap 12 | 0.35 | 1:44 | 4:57 | 4 | 0:22 | 16 | 0:26 | 4.20 | 18:42 | 4:27 | 3 | 2:50 | 13 | 3:15 |
| Lap 13 | 0.35 | 1:32 | 4:22 | 2 | 0:11 | 9 | 0:12 | 4.55 | 20:14 | 4:26 | 3 | 3:01 | 12 | 3:27 |
| Lap 14 | 0.35 | 1:33 | 4:25 | 2 | 0:10 | 9 | 0:14 | 4.90 | 21:47 | 4:26 | 3 | 3:11 | 12 | 3:41 |
| Lap 15 | 0.35 | 1:35 | 4:31 | 2 | 0:12 | 9 | 0:14 | 5.25 | 23:22 | 4:27 | 3 | 3:23 | 12 | 3:55 |
| Lap 16 | 0.35 | 1:50 | 5:14 | 6 | 0:27 | 21 | 0:30 | 5.60 | 25:12 | 4:30 | 3 | 3:50 | 13 | 4:25 |
| Lap 17 | 0.35 | 1:33 | 4:25 | 2 | 0:10 | 7 | 0:12 | 5.95 | 26:45 | 4:29 | 3 | 4:00 | 13 | 4:37 |
| Lap 18 | 0.35 | 1:36 | 4:34 | 2 | 0:11 | 8 | 0:17 | 6.30 | 28:21 | 4:30 | 3 | 4:11 | 13 | 4:54 |
| Lap 19 | 0.35 | 1:34 | 4:28 | 2 | 0:10 | 8 | 0:13 | 6.65 | 29:55 | 4:29 | 3 | 4:21 | 12 | 5:07 |
| Lap 20 | 0.35 | 1:44 | 4:57 | 4 | 0:20 | 15 | 0:24 | 7.00 | 31:39 | 4:31 | 3 | 4:41 | 12 | 5:31 |
| Lap 21 | 0.35 | 1:31 | 4:19 | 2 | 0:07 | 6 | 0:10 | 7.35 | 33:10 | 4:30 | 3 | 4:48 | 11 | 5:41 |
| Lap 22 | 0.35 | 1:37 | 4:37 | 2 | 0:12 | 8 | 0:16 | 7.70 | 34:47 | 4:31 | 3 | 5:00 | 11 | 5:57 |
| Lap 23 | 0.35 | 1:38 | 4:40 | 2 | 0:14 | 8 | 0:16 | 8.05 | 36:25 | 4:31 | 3 | 5:14 | 11 | 6:13 |
| Lap 24 | 0.35 | 1:56 | 5:31 | 6 | 0:33 | 23 | 0:34 | 8.40 | 38:21 | 4:33 | 3 | 5:47 | 12 | 6:47 |
| Lap 25 | 0.35 | 1:34 | 4:28 | 2 | 0:09 | 7 | 0:12 | 8.75 | 39:55 | 4:33 | 3 | 5:56 | 12 | 6:59 |
| Lap 26 | 0.35 | 1:35 | 4:31 | 2 | 0:11 | 8 | 0:14 | 9.10 | 41:30 | 4:33 | 3 | 6:07 | 12 | 7:13 |
| Lap 27 | 0.35 | 1:37 | 4:37 | 2 | 0:13 | 9 | 0:14 | 9.45 | 43:07 | 4:33 | 3 | 6:20 | 12 | 7:27 |
| Lap 28 | 0.35 | 1:51 | 5:17 | 6 | 0:26 | 20 | 0:27 | 9.80 | 44:58 | 4:35 | 3 | 6:46 | 12 | 7:54 |
| Lap 29 | 0.35 | 1:37 | 4:37 | 2 | 0:12 | 8 | 0:15 | 10.15 | 46:35 | 4:35 | 3 | 6:58 | 12 | 8:09 |
| Lap 30 | 0.35 | 1:38 | 4:40 | 2 | 0:12 | 9 | 0:16 | 10.50 | 48:13 | 4:35 | 3 | 7:10 | 12 | 8:25 |



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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 31 | 0.35 | 1:39 | 4:42 | 3 | 0:15 | 10 | 0:17 | 10.85 | 49:52 | 4:35 | 3 | 7:25 | 12 | 8:42 |
| Lap 32 | 0.35 | 1:39 | 4:42 | 4 | 0:14 | 12 | 0:18 | 11.20 | 51:31 | 4:35 | 3 | 7:39 | 12 | 9:00 |
| Lap 33 | 0.35 | 1:34 | 4:28 | 2 | 0:12 | 7 | 0:13 | 11.55 | 53:05 | 4:35 | 3 | 7:51 | 12 | 9:13 |
| Lap 34 | 0.35 | 1:40 | 4:45 | 4 | 0:17 | 14 | 0:19 | 11.90 | 54:45 | 4:36 | 3 | 8:08 | 12 | 9:32 |
| Lap 35 | 0.35 | 1:39 | 4:42 | 4 | 0:15 | 11 | 0:19 | 12.25 | 56:24 | 4:36 | 3 | 8:23 | 12 | 9:51 |
| Lap 36 | 0.35 | 1:39 | 4:42 | 4 | 0:16 | 11 | 0:18 | 12.60 | 58:03 | 4:36 | 3 | 8:39 | 12 | 10:09 |
| Lap 37 | 0.35 | 1:28 | 4:11 | 2 | 0:04 | 3 | 0:08 | 12.95 | 59:31 | 4:35 | 3 | 8:43 | 11 | 10:17 |