



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

Arnstadt / 20.03.2024

Detailed evaluation

Thomas Zeiger

Club: Langstrecke Arnstadt

Number: 78

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M50 (50-54)

Total time: 59:27

Speed: 12.01 km/h

Running performance: 4:59 min/km

Laps: 34 (11.9 km)

Rank in course/Men: 17 (of 36)

Rank in category: 5(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	1:44	4:57	6	0:33	22	0:39	0.35	1:44	4:57	6	0:33	22	0:39	
Lap 2	0.35	1:46	5:02	6	0:30	22	0:33	0.70	3:30	5:00	6	1:03	22	1:12	
Lap 3	0.35	1:48	5:08	6	0:30	23	0:31	1.05	5:18	5:02	6	1:33	23	1:43	
Lap 4	0.35	1:48	5:08	6	0:29	22	0:31	1.40	7:06	5:04	6	2:02	24	2:14	
Lap 5	0.35	1:45	5:00	5	0:26	18	0:27	1.75	8:51	5:03	6	2:28	23	2:41	
Lap 6	0.35	1:45	5:00	5	0:24	19	0:26	2.10	10:36	5:02	6	2:52	21	3:07	
Lap 7	0.35	1:47	5:05	6	0:26	21	0:27	2.45	12:23	5:03	6	3:18	21	3:34	
Lap 8	0.35	1:47	5:05	6	0:27	22	0:27	2.80	14:10	5:03	6	3:45	21	4:01	
Lap 9	0.35	1:46	5:02	5	0:24	19	0:26	3.15	15:56	5:03	6	4:09	21	4:27	
Lap 10	0.35	1:46	5:02	5	0:24	19	0:26	3.50	17:42	5:03	6	4:33	21	4:53	
Lap 11	0.35	1:49	5:11	5	0:28	20	0:29	3.85	19:31	5:04	6	5:01	21	5:22	
Lap 12	0.35	1:47	5:05	5	0:25	20	0:29	4.20	21:18	5:04	6	5:26	21	5:51	
Lap 13	0.35	1:47	5:05	6	0:26	20	0:27	4.55	23:05	5:04	6	5:52	21	6:18	
Lap 14	0.35	1:46	5:02	5	0:23	19	0:27	4.90	24:51	5:04	6	6:15	21	6:45	
Lap 15	0.35	1:44	4:57	5	0:21	17	0:23	5.25	26:35	5:03	6	6:36	21	7:08	
Lap 16	0.35	1:41	4:48	4	0:18	15	0:21	5.60	28:16	5:02	6	6:54	21	7:29	
Lap 17	0.35	1:42	4:51	5	0:19	16	0:21	5.95	29:58	5:02	6	7:13	21	7:50	
Lap 18	0.35	1:41	4:48	5	0:16	14	0:22	6.30	31:39	5:01	5	7:29	20	8:12	
Lap 19	0.35	1:42	4:51	5	0:18	15	0:21	6.65	33:21	5:00	5	7:47	19	8:33	
Lap 20	0.35	1:44	4:57	4	0:20	15	0:24	7.00	35:05	5:00	5	8:07	17	8:57	
Lap 21	0.35	1:44	4:57	5	0:20	16	0:23	7.35	36:49	5:00	5	8:27	17	9:20	
Lap 22	0.35	1:45	5:00	5	0:20	15	0:24	7.70	38:34	5:00	5	8:47	17	9:44	
Lap 23	0.35	1:43	4:54	5	0:19	14	0:21	8.05	40:17	5:00	5	9:06	17	10:05	
Lap 24	0.35	1:43	4:54	4	0:20	13	0:21	8.40	42:00	5:00	5	9:26	17	10:26	
Lap 25	0.35	1:45	5:00	5	0:20	15	0:23	8.75	43:45	5:00	5	9:46	17	10:49	
Lap 26	0.35	1:44	4:57	5	0:20	15	0:23	9.10	45:29	4:59	5	10:06	17	11:12	
Lap 27	0.35	1:45	5:00	5	0:21	14	0:22	9.45	47:14	4:59	5	10:27	17	11:34	
Lap 28	0.35	1:45	5:00	4	0:20	15	0:21	9.80	48:59	4:59	5	10:47	17	11:55	
Lap 29	0.35	1:46	5:02	5	0:21	17	0:24	10.15	50:45	5:00	5	11:08	17	12:19	
Lap 30	0.35	1:45	5:00	5	0:19	15	0:23	10.50	52:30	5:00	5	11:27	17	12:42	



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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 31	0.35	1:44	4:57	5	0:20	14	0:22	10.85	54:14	4:59	5	11:47	17	13:04
Lap 32	0.35	1:44	4:57	5	0:19	17	0:23	11.20	55:58	4:59	5	12:06	17	13:27
Lap 33	0.35	1:45	5:00	5	0:23	17	0:24	11.55	57:43	4:59	5	12:29	17	13:51
Lap 34	0.35	1:44	4:57	5	0:21	17	0:23	11.90	59:27	4:59	5	12:50	17	14:14