



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

Arnstadt / 20.03.2024

Detailed evaluation

Frank Spilling

Club: Arnstadt läuft!

Number: 111

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M50 (50-54)

Total time: 58:26

Speed: 9.24 km/h

Running performance: 6:25 min/km

Laps: 26 (9.1 km)

Rank in course/Men: 33 (of 36)

Rank in category: 8(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	2:01	5:45	7	0:50	30	0:56	0.35	2:01	5:45	7	0:50	30	0:56	
Lap 2	0.35	2:00	5:42	8	0:44	32	0:47	0.70	4:01	5:44	8	1:34	31	1:43	
Lap 3	0.35	2:00	5:42	8	0:42	32	0:43	1.05	6:01	5:43	8	2:16	32	2:26	
Lap 4	0.35	2:01	5:45	8	0:42	32	0:44	1.40	8:02	5:44	8	2:58	32	3:10	
Lap 5	0.35	2:03	5:51	8	0:44	31	0:45	1.75	10:05	5:45	8	3:42	31	3:55	
Lap 6	0.35	2:07	6:02	8	0:46	33	0:48	2.10	12:12	5:48	8	4:28	32	4:43	
Lap 7	0.35	2:05	5:57	8	0:44	32	0:45	2.45	14:17	5:49	8	5:12	32	5:28	
Lap 8	0.35	2:11	6:14	8	0:51	33	0:51	2.80	16:28	5:52	8	6:03	32	6:19	
Lap 9	0.35	2:10	6:11	8	0:48	33	0:50	3.15	18:38	5:54	8	6:51	32	7:09	
Lap 10	0.35	2:10	6:11	8	0:48	34	0:50	3.50	20:48	5:56	8	7:39	32	7:59	
Lap 11	0.35	2:13	6:20	8	0:52	33	0:53	3.85	23:01	5:58	8	8:31	32	8:52	
Lap 12	0.35	2:16	6:28	8	0:54	34	0:58	4.20	25:17	6:01	8	9:25	33	9:50	
Lap 13	0.35	2:18	6:34	8	0:57	34	0:58	4.55	27:35	6:03	8	10:22	33	10:48	
Lap 14	0.35	2:17	6:31	8	0:54	33	0:58	4.90	29:52	6:05	8	11:16	33	11:46	
Lap 15	0.35	2:14	6:22	8	0:51	33	0:53	5.25	32:06	6:06	8	12:07	33	12:39	
Lap 16	0.35	2:20	6:40	8	0:57	33	1:00	5.60	34:26	6:08	8	13:04	33	13:39	
Lap 17	0.35	2:16	6:28	8	0:53	33	0:55	5.95	36:42	6:10	8	13:57	33	14:34	
Lap 18	0.35	2:31	7:11	8	1:06	34	1:12	6.30	39:13	6:13	8	15:03	33	15:46	
Lap 19	0.35	2:21	6:42	8	0:57	34	1:00	6.65	41:34	6:15	8	16:00	33	16:46	
Lap 20	0.35	2:19	6:37	8	0:55	33	0:59	7.00	43:53	6:16	8	16:55	32	17:45	
Lap 21	0.35	2:22	6:45	8	0:58	33	1:01	7.35	46:15	6:17	8	17:53	32	18:46	
Lap 22	0.35	2:25	6:54	8	1:00	33	1:04	7.70	48:40	6:19	8	18:53	32	19:50	
Lap 23	0.35	2:26	6:57	8	1:02	33	1:04	8.05	51:06	6:20	8	19:55	32	20:54	
Lap 24	0.35	2:26	6:57	8	1:03	35	1:04	8.40	53:32	6:22	8	20:58	33	21:58	
Lap 25	0.35	2:29	7:05	8	1:04	33	1:07	8.75	56:01	6:24	8	22:02	33	23:05	
Lap 26	0.35	2:25	6:54	8	1:01	33	1:04	9.10	58:26	6:25	8	23:03	33	24:09	