



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

Arnstadt / 20.03.2024

Detailed evaluation

Torsten Stelzner

Club: Wsv Ilmenau

Number: 67

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M55 (55-59)

Total time: 59:02

Speed: 12.20 km/h

Running performance: 4:49 min/km

Laps: 35 (12.25 km)

Rank in course/Men: 14 (of 36)

Rank in category: 1(of 1)

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	1:37	4:37	1	-	15	0:32	0.35	1:37	4:37	1	-	15	0:32	
Lap 2	0.35	1:32	4:22	1	-	12	0:19	0.70	3:09	4:30	1	-	14	0:51	
Lap 3	0.35	1:34	4:28	1	-	14	0:17	1.05	4:43	4:29	1	-	14	1:08	
Lap 4	0.35	1:37	4:37	1	-	15	0:20	1.40	6:20	4:31	1	-	14	1:28	
Lap 5	0.35	1:36	4:34	1	-	15	0:18	1.75	7:56	4:31	1	-	15	1:46	
Lap 6	0.35	1:38	4:40	1	-	16	0:19	2.10	9:34	4:33	1	-	15	2:05	
Lap 7	0.35	1:40	4:45	1	-	15	0:20	2.45	11:14	4:35	1	-	15	2:25	
Lap 8	0.35	1:39	4:42	1	-	14	0:19	2.80	12:53	4:36	1	-	15	2:44	
Lap 9	0.35	1:38	4:40	1	-	15	0:18	3.15	14:31	4:36	1	-	15	3:02	
Lap 10	0.35	1:39	4:42	1	-	15	0:19	3.50	16:10	4:37	1	-	15	3:21	
Lap 11	0.35	1:40	4:45	1	-	16	0:20	3.85	17:50	4:37	1	-	15	3:41	
Lap 12	0.35	1:39	4:42	1	-	13	0:21	4.20	19:29	4:38	1	-	15	4:02	
Lap 13	0.35	1:40	4:45	1	-	15	0:20	4.55	21:09	4:38	1	-	15	4:22	
Lap 14	0.35	1:41	4:48	1	-	15	0:22	4.90	22:50	4:39	1	-	15	4:44	
Lap 15	0.35	1:42	4:51	1	-	15	0:21	5.25	24:32	4:40	1	-	15	5:05	
Lap 16	0.35	1:39	4:42	1	-	14	0:19	5.60	26:11	4:40	1	-	15	5:24	
Lap 17	0.35	1:41	4:48	1	-	15	0:20	5.95	27:52	4:41	1	-	15	5:44	
Lap 18	0.35	1:42	4:51	1	-	17	0:23	6.30	29:34	4:41	1	-	15	6:07	
Lap 19	0.35	1:39	4:42	1	-	10	0:18	6.65	31:13	4:41	1	-	15	6:25	
Lap 20	0.35	1:43	4:54	1	-	14	0:23	7.00	32:56	4:42	1	-	14	6:48	
Lap 21	0.35	1:43	4:54	1	-	14	0:22	7.35	34:39	4:42	1	-	14	7:10	
Lap 22	0.35	1:43	4:54	1	-	14	0:22	7.70	36:22	4:43	1	-	14	7:32	
Lap 23	0.35	1:45	5:00	1	-	15	0:23	8.05	38:07	4:44	1	-	14	7:55	
Lap 24	0.35	1:44	4:57	1	-	14	0:22	8.40	39:51	4:44	1	-	14	8:17	
Lap 25	0.35	1:44	4:57	1	-	14	0:22	8.75	41:35	4:45	1	-	14	8:39	
Lap 26	0.35	1:43	4:54	1	-	14	0:22	9.10	43:18	4:45	1	-	14	9:01	
Lap 27	0.35	1:45	5:00	1	-	14	0:22	9.45	45:03	4:46	1	-	14	9:23	
Lap 28	0.35	1:44	4:57	1	-	13	0:20	9.80	46:47	4:46	1	-	14	9:43	
Lap 29	0.35	1:44	4:57	1	-	15	0:22	10.15	48:31	4:46	1	-	14	10:05	
Lap 30	0.35	1:47	5:05	1	-	19	0:25	10.50	50:18	4:47	1	-	14	10:30	



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Lap 31	0.35	1:45	5:00	1	-	16	0:23	10.85	52:03	4:47	1	-	14	10:53
Lap 32	0.35	1:49	5:11	1	-	22	0:28	11.20	53:52	4:48	1	-	14	11:21
Lap 33	0.35	1:43	4:54	1	-	13	0:22	11.55	55:35	4:48	1	-	14	11:43
Lap 34	0.35	1:45	5:00	1	-	19	0:24	11.90	57:20	4:49	1	-	14	12:07
Lap 35	0.35	1:42	4:51	1	-	13	0:22	12.25	59:02	4:49	1	-	14	12:29