



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

Arnstadt / 20.03.2024

Detailed evaluation

Thomas Bähr

Club: Traktor Rehestädt

Number: 42

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M60 (60-64)

Total time: 59:46

Speed: 10.04 km/h

Running performance: 5:53 min/km

Laps: 29 (10.15 km)

Rank in course/Men: 30 (of 36)

Rank in category: 4(of 4)

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	1:50	5:14	4	0:12	26	0:45	0.35	1:50	5:14	4	0:12	26	0:45	
Lap 2	0.35	1:55	5:28	4	0:11	30	0:42	0.70	3:45	5:21	4	0:23	28	1:27	
Lap 3	0.35	1:57	5:34	4	0:14	29	0:40	1.05	5:42	5:25	4	0:32	28	2:07	
Lap 4	0.35	1:59	5:40	4	0:11	31	0:42	1.40	7:41	5:29	4	0:41	29	2:49	
Lap 5	0.35	2:00	5:42	3	0:12	30	0:42	1.75	9:41	5:31	3	0:51	28	3:31	
Lap 6	0.35	2:00	5:42	4	0:13	31	0:41	2.10	11:41	5:33	3	1:04	28	4:12	
Lap 7	0.35	2:02	5:48	4	0:12	31	0:42	2.45	13:43	5:35	3	1:15	29	4:54	
Lap 8	0.35	2:03	5:51	4	0:17	31	0:43	2.80	15:46	5:37	3	1:32	30	5:37	
Lap 9	0.35	2:03	5:51	4	0:12	31	0:43	3.15	17:49	5:39	4	1:44	31	6:20	
Lap 10	0.35	2:04	5:54	4	0:13	31	0:44	3.50	19:53	5:40	4	1:56	31	7:04	
Lap 11	0.35	2:05	5:57	4	0:14	31	0:45	3.85	21:58	5:42	4	2:10	31	7:49	
Lap 12	0.35	2:04	5:54	4	0:12	30	0:46	4.20	24:02	5:43	4	2:22	31	8:35	
Lap 13	0.35	2:05	5:57	4	0:16	31	0:45	4.55	26:07	5:44	4	2:38	31	9:20	
Lap 14	0.35	2:03	5:51	4	0:13	31	0:44	4.90	28:10	5:44	4	2:51	31	10:04	
Lap 15	0.35	2:04	5:54	4	0:11	30	0:43	5.25	30:14	5:45	4	3:02	31	10:47	
Lap 16	0.35	2:04	5:54	4	0:13	31	0:44	5.60	32:18	5:46	4	3:12	31	11:31	
Lap 17	0.35	2:06	6:00	4	0:15	31	0:45	5.95	34:24	5:46	4	3:24	31	12:16	
Lap 18	0.35	2:09	6:08	4	0:18	30	0:50	6.30	36:33	5:48	4	3:42	31	13:06	
Lap 19	0.35	2:05	5:57	4	0:12	29	0:44	6.65	38:38	5:48	4	3:49	31	13:50	
Lap 20	0.35	2:07	6:02	4	0:14	29	0:47	7.00	40:45	5:49	4	3:59	30	14:37	
Lap 21	0.35	2:07	6:02	4	0:15	29	0:46	7.35	42:52	5:49	4	4:14	30	15:23	
Lap 22	0.35	2:10	6:11	4	0:16	29	0:49	7.70	45:02	5:50	4	4:29	30	16:12	
Lap 23	0.35	2:09	6:08	4	0:15	29	0:47	8.05	47:11	5:51	4	4:43	30	16:59	
Lap 24	0.35	2:09	6:08	4	0:15	29	0:47	8.40	49:20	5:52	4	4:58	30	17:46	
Lap 25	0.35	2:10	6:11	4	0:16	29	0:48	8.75	51:30	5:53	4	5:12	30	18:34	
Lap 26	0.35	2:06	6:00	4	0:12	25	0:45	9.10	53:36	5:53	4	5:23	30	19:19	
Lap 27	0.35	2:08	6:05	4	0:15	30	0:45	9.45	55:44	5:53	4	5:38	30	20:04	
Lap 28	0.35	2:01	5:45	4	0:10	28	0:37	9.80	57:45	5:53	4	5:45	30	20:41	
Lap 29	0.35	2:01	5:45	4	0:10	28	0:39	10.15	59:46	5:53	4	5:52	30	21:20	