



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

Arnstadt / 20.03.2024

## Detailed evaluation

**Siegfried Ritter**

Club: SPORTident

Number: 61

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M65 (65-69)

Total time: 59:47

Speed: 11.04 km/h

Running performance: 5:01 min/km

Laps: 34 (11.9 km)

Rank in course/Men: 18 (of 36)

Rank in category: 1(of 3)

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	1:41	4:48	1	-	19	0:36	0.35	1:41	4:48	1	-	19	0:36	
Lap 2	0.35	1:42	4:51	1	-	19	0:29	0.70	3:23	4:50	1	-	21	1:05	
Lap 3	0.35	1:42	4:51	1	-	19	0:25	1.05	5:05	4:50	1	-	20	1:30	
Lap 4	0.35	1:46	5:02	1	-	21	0:29	1.40	6:51	4:53	1	-	20	1:59	
Lap 5	0.35	1:47	5:05	1	-	22	0:29	1.75	8:38	4:55	1	-	20	2:28	
Lap 6	0.35	1:47	5:05	1	-	21	0:28	2.10	10:25	4:57	1	-	20	2:56	
Lap 7	0.35	1:46	5:02	1	-	20	0:26	2.45	12:11	4:58	1	-	20	3:22	
Lap 8	0.35	1:46	5:02	1	-	19	0:26	2.80	13:57	4:58	1	-	20	3:48	
Lap 9	0.35	1:47	5:05	1	-	21	0:27	3.15	15:44	4:59	1	-	20	4:15	
Lap 10	0.35	1:47	5:05	1	-	20	0:27	3.50	17:31	5:00	1	-	20	4:42	
Lap 11	0.35	1:45	5:00	1	-	18	0:25	3.85	19:16	5:00	1	-	20	5:07	
Lap 12	0.35	1:46	5:02	1	-	18	0:28	4.20	21:02	5:00	1	-	20	5:35	
Lap 13	0.35	1:46	5:02	1	-	18	0:26	4.55	22:48	5:00	1	-	20	6:01	
Lap 14	0.35	1:44	4:57	1	-	17	0:25	4.90	24:32	5:00	1	-	20	6:26	
Lap 15	0.35	1:47	5:05	1	-	20	0:26	5.25	26:19	5:00	1	-	20	6:52	
Lap 16	0.35	1:47	5:05	1	-	18	0:27	5.60	28:06	5:01	1	-	20	7:19	
Lap 17	0.35	1:45	5:00	1	-	17	0:24	5.95	29:51	5:01	1	-	19	7:43	
Lap 18	0.35	1:47	5:05	1	-	19	0:28	6.30	31:38	5:01	1	-	19	8:11	
Lap 19	0.35	1:46	5:02	1	-	18	0:25	6.65	33:24	5:01	1	-	20	8:36	
Lap 20	0.35	1:46	5:02	1	-	18	0:26	7.00	35:10	5:01	1	-	19	9:02	
Lap 21	0.35	1:47	5:05	1	-	19	0:26	7.35	36:57	5:01	1	-	20	9:28	
Lap 22	0.35	1:48	5:08	1	-	19	0:27	7.70	38:45	5:01	1	-	20	9:55	
Lap 23	0.35	1:47	5:05	1	-	17	0:25	8.05	40:32	5:02	1	-	20	10:20	
Lap 24	0.35	1:46	5:02	1	-	15	0:24	8.40	42:18	5:02	1	-	19	10:44	
Lap 25	0.35	1:47	5:05	1	-	17	0:25	8.75	44:05	5:02	1	-	19	11:09	
Lap 26	0.35	1:48	5:08	1	-	17	0:27	9.10	45:53	5:02	1	-	18	11:36	
Lap 27	0.35	1:46	5:02	1	-	17	0:23	9.45	47:39	5:02	1	-	18	11:59	
Lap 28	0.35	1:45	5:00	1	-	15	0:21	9.80	49:24	5:02	1	-	18	12:20	
Lap 29	0.35	1:45	5:00	1	-	16	0:23	10.15	51:09	5:02	1	-	18	12:43	
Lap 30	0.35	1:46	5:02	1	-	17	0:24	10.50	52:55	5:02	1	-	18	13:07	



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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	1:45	5:00	1	-	16	0:23	10.85	54:40	5:02	1	-	18	13:30
Lap 32	0.35	1:43	4:54	1	-	15	0:22	11.20	56:23	5:02	1	-	18	13:52
Lap 33	0.35	1:45	5:00	1	-	17	0:24	11.55	58:08	5:01	1	-	18	14:16
Lap 34	0.35	1:39	4:42	1	-	12	0:18	11.90	59:47	5:01	1	-	18	14:34