



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

Arnstadt / 20.03.2024

Detailed evaluation

Gerd Hantsche

Club: USV Jena

Number: 50

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M65 (65-69)

Total time: 59:50

Speed: 9.48 km/h

Running performance: 6:19 min/km

Laps: 27 (9.45 km)

Rank in course/Men: 32 (of 36)

Rank in category: 3(of 3)

Intermediate times

Stage score

Total ranking

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