



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

Arnstadt / 15.01.2025

Detailed evaluation

Hakan Öztürk

Club: SPORTident

Number: 131

Course: 0.49 km/Lap

Stundenlauf

Category:

Senioren M30 (30-34)

Total time: 57:04

Speed: 7.36 km/h

Running performance: 7:45 min/km

Laps: 15 (7.35 km)

Rank in course/Men: 33 (of 34)

Rank in category: 2(of 2)

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Total | | Total | | Total ranking | |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | |
| Lap 1 | 0.49 | 2:58 | 6:03 | 2 | 0:48 | 32 | 1:09 | 0.49 | 2:58 | 6:03 | 2 | 0:48 | 32 | 1:09 | |
| Lap 2 | 0.49 | 3:11 | 6:29 | 2 | 1:01 | 34 | 1:16 | 0.98 | 6:09 | 6:16 | 2 | 1:49 | 32 | 2:25 | |
| Lap 3 | 0.49 | 3:44 | 7:37 | 2 | 1:36 | 33 | 1:50 | 1.47 | 9:53 | 6:43 | 2 | 3:25 | 33 | 4:15 | |
| Lap 4 | 0.49 | 4:33 | 9:17 | 2 | 2:27 | 33 | 2:39 | 1.96 | 14:26 | 7:21 | 2 | 5:52 | 33 | 6:54 | |
| Lap 5 | 0.49 | 3:51 | 7:51 | 2 | 1:47 | 33 | 1:56 | 2.45 | 18:17 | 7:27 | 2 | 7:39 | 33 | 8:50 | |
| Lap 6 | 0.49 | 4:26 | 9:02 | 2 | 2:19 | 33 | 2:30 | 2.94 | 22:43 | 7:43 | 2 | 9:58 | 33 | 11:20 | |
| Lap 7 | 0.49 | 3:40 | 7:28 | 2 | 1:33 | 33 | 1:44 | 3.43 | 26:23 | 7:41 | 2 | 11:31 | 33 | 13:04 | |
| Lap 8 | 0.49 | 4:43 | 9:37 | 2 | 2:37 | 33 | 2:48 | 3.92 | 31:06 | 7:56 | 2 | 14:08 | 33 | 15:52 | |
| Lap 9 | 0.49 | 4:06 | 8:22 | 2 | 2:02 | 33 | 2:09 | 4.41 | 35:12 | 7:58 | 2 | 16:10 | 33 | 18:01 | |
| Lap 10 | 0.49 | 3:29 | 7:06 | 2 | 1:25 | 33 | 1:32 | 4.90 | 38:41 | 7:53 | 2 | 17:35 | 33 | 19:33 | |
| Lap 11 | 0.49 | 3:49 | 7:47 | 2 | 1:42 | 33 | 1:54 | 5.39 | 42:30 | 7:53 | 2 | 19:17 | 33 | 21:27 | |
| Lap 12 | 0.49 | 3:34 | 7:16 | 2 | 1:25 | 33 | 1:36 | 5.88 | 46:04 | 7:50 | 2 | 20:42 | 33 | 23:03 | |
| Lap 13 | 0.49 | 3:38 | 7:24 | 2 | 1:27 | 33 | 1:41 | 6.37 | 49:42 | 7:48 | 2 | 22:09 | 33 | 24:44 | |
| Lap 14 | 0.49 | 3:30 | 7:08 | 2 | 1:22 | 33 | 1:36 | 6.86 | 53:12 | 7:45 | 2 | 23:31 | 33 | 26:20 | |
| Lap 15 | 0.49 | 3:52 | 7:53 | 2 | 1:43 | 33 | 1:58 | 7.35 | 57:04 | 7:45 | 2 | 25:14 | 33 | 28:18 | |