



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

Arnstadt / 15.01.2025

### Detailed evaluation

**Swen Thorhauer**

Club: Trailrunning-Crew Thüringen

Number: 150

Course: 0.49 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:55

Speed: 15.02 km/h

Running performance: 3:56 min/km

Laps: 31 (15.19 km)

Rank in course/Men: 1 (of 34)

Rank in category: 1(of 13)

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	0.49	1:49	3:42	1	-	1	-	0.49	1:49	3:42	1	-	1	-	
Lap 2	0.49	1:55	3:54	1	-	1	-	0.98	3:44	3:48	1	-	1	-	
Lap 3	0.49	1:54	3:52	1	-	1	-	1.47	5:38	3:49	1	-	1	-	
Lap 4	0.49	1:54	3:52	1	-	1	-	1.96	7:32	3:50	1	-	1	-	
Lap 5	0.49	1:55	3:54	1	-	1	-	2.45	9:27	3:51	1	-	1	-	
Lap 6	0.49	1:56	3:56	1	-	1	-	2.94	11:23	3:52	1	-	1	-	
Lap 7	0.49	1:56	3:56	1	-	1	-	3.43	13:19	3:52	1	-	1	-	
Lap 8	0.49	1:55	3:54	1	-	1	-	3.92	15:14	3:53	1	-	1	-	
Lap 9	0.49	1:57	3:58	1	-	1	-	4.41	17:11	3:53	1	-	1	-	
Lap 10	0.49	1:57	3:58	1	-	1	-	4.90	19:08	3:54	1	-	1	-	
Lap 11	0.49	1:55	3:54	1	-	1	-	5.39	21:03	3:54	1	-	1	-	
Lap 12	0.49	1:58	4:00	1	-	1	-	5.88	23:01	3:54	1	-	1	-	
Lap 13	0.49	1:57	3:58	1	-	1	-	6.37	24:58	3:55	1	-	1	-	
Lap 14	0.49	1:54	3:52	1	-	1	-	6.86	26:52	3:54	1	-	1	-	
Lap 15	0.49	1:54	3:52	1	-	1	-	7.35	28:46	3:54	1	-	1	-	
Lap 16	0.49	1:56	3:56	1	-	1	-	7.84	30:42	3:54	1	-	1	-	
Lap 17	0.49	1:58	4:00	1	-	1	-	8.33	32:40	3:55	1	-	1	-	
Lap 18	0.49	1:57	3:58	2	0:04	2	0:04	8.82	34:37	3:55	1	-	1	-	
Lap 19	0.49	1:56	3:56	1	-	1	-	9.31	36:33	3:55	1	-	1	-	
Lap 20	0.49	1:57	3:58	1	-	1	-	9.80	38:30	3:55	1	-	1	-	
Lap 21	0.49	1:56	3:56	1	-	1	-	10.29	40:26	3:55	1	-	1	-	
Lap 22	0.49	1:57	3:58	1	-	1	-	10.78	42:23	3:55	1	-	1	-	
Lap 23	0.49	1:56	3:56	1	-	1	-	11.27	44:19	3:55	1	-	1	-	
Lap 24	0.49	1:57	3:58	1	-	1	-	11.76	46:16	3:56	1	-	1	-	
Lap 25	0.49	1:57	3:58	1	-	1	-	12.25	48:13	3:56	1	-	1	-	
Lap 26	0.49	1:58	4:00	1	-	2	0:01	12.74	50:11	3:56	1	-	1	-	
Lap 27	0.49	1:56	3:56	1	-	2	0:03	13.23	52:07	3:56	1	-	1	-	
Lap 28	0.49	1:56	3:56	1	-	2	0:04	13.72	54:03	3:56	1	-	1	-	
Lap 29	0.49	1:58	4:00	1	-	2	0:07	14.21	56:01	3:56	1	-	1	-	
Lap 30	0.49	1:57	3:58	1	-	1	-	14.70	57:58	3:56	1	-	1	-	



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Lap 31	0.49	1:57	3:58	1	-	1	-	15.19	59:55	3:56	1	-	1	-