



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

Arnstadt / 15.01.2025

Detailed evaluation

Stefan Hopping

Club: VfB Torpedo Ichttershausen e.V.

Number: 119

Course: 0.49 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:18

Speed: 12.14 km/h

Running performance: 4:39 min/km

Laps: 26 (12.74 km)

Rank in course/Men: 10 (of 34)

Rank in category: 3(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	2:20	4:45	7	0:31	16	0:31	0.49	2:20	4:45	7	0:31	16	0:31
Lap 2	0.49	2:22	4:49	6	0:27	17	0:27	0.98	4:42	4:47	7	0:58	17	0:58
Lap 3	0.49	2:24	4:53	6	0:30	16	0:30	1.47	7:06	4:49	7	1:28	17	1:28
Lap 4	0.49	2:22	4:49	6	0:28	15	0:28	1.96	9:28	4:49	6	1:56	16	1:56
Lap 5	0.49	2:18	4:41	5	0:23	14	0:23	2.45	11:46	4:48	6	2:19	16	2:19
Lap 6	0.49	2:18	4:41	4	0:22	11	0:22	2.94	14:04	4:47	6	2:41	16	2:41
Lap 7	0.49	2:16	4:37	5	0:20	13	0:20	3.43	16:20	4:45	4	3:01	13	3:01
Lap 8	0.49	2:18	4:41	5	0:23	14	0:23	3.92	18:38	4:45	4	3:24	13	3:24
Lap 9	0.49	2:18	4:41	4	0:21	12	0:21	4.41	20:56	4:44	4	3:45	12	3:45
Lap 10	0.49	2:19	4:43	5	0:22	14	0:22	4.90	23:15	4:44	4	4:07	12	4:07
Lap 11	0.49	2:21	4:47	4	0:26	12	0:26	5.39	25:36	4:44	4	4:33	12	4:33
Lap 12	0.49	2:19	4:43	5	0:21	14	0:21	5.88	27:55	4:44	4	4:54	12	4:54
Lap 13	0.49	2:18	4:41	5	0:21	13	0:21	6.37	30:13	4:44	4	5:15	12	5:15
Lap 14	0.49	2:16	4:37	3	0:22	8	0:22	6.86	32:29	4:44	4	5:37	12	5:37
Lap 15	0.49	2:15	4:35	3	0:21	9	0:21	7.35	34:44	4:43	4	5:58	12	5:58
Lap 16	0.49	2:18	4:41	4	0:22	11	0:22	7.84	37:02	4:43	4	6:20	12	6:20
Lap 17	0.49	2:16	4:37	3	0:18	8	0:18	8.33	39:18	4:43	4	6:38	12	6:38
Lap 18	0.49	2:17	4:39	4	0:24	9	0:24	8.82	41:35	4:42	4	6:58	12	6:58
Lap 19	0.49	2:14	4:33	3	0:18	8	0:18	9.31	43:49	4:42	4	7:16	12	7:16
Lap 20	0.49	2:16	4:37	3	0:19	9	0:19	9.80	46:05	4:42	4	7:35	12	7:35
Lap 21	0.49	2:16	4:37	3	0:20	8	0:20	10.29	48:21	4:41	4	7:55	12	7:55
Lap 22	0.49	2:16	4:37	3	0:19	8	0:19	10.78	50:37	4:41	4	8:14	12	8:14
Lap 23	0.49	2:14	4:33	3	0:18	7	0:18	11.27	52:51	4:41	4	8:32	12	8:32
Lap 24	0.49	2:11	4:27	3	0:14	5	0:14	11.76	55:02	4:40	4	8:46	11	8:46
Lap 25	0.49	2:12	4:29	3	0:15	7	0:15	12.25	57:14	4:40	3	9:01	10	9:01
Lap 26	0.49	2:04	4:13	2	0:06	3	0:07	12.74	59:18	4:39	3	9:07	10	9:07