



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

Arnstadt / 15.01.2025

Detailed evaluation

Norbert Furch

Club: Die Bügeleisenbande

Number: 111

Course: 0.49 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:29

Speed: 10.09 km/h

Running performance: 5:46 min/km

Laps: 21 (10.29 km)

Rank in course/Men: 27 (of 34)

Rank in category: 12(of 13)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		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	2:48	5:42	12	0:59	27	0:59	0.49	2:48	5:42	12	0:59	27	0:59	
Lap 2	0.49	2:43	5:32	11	0:48	25	0:48	0.98	5:31	5:37	12	1:47	26	1:47	
Lap 3	0.49	2:49	5:44	11	0:55	27	0:55	1.47	8:20	5:40	11	2:42	25	2:42	
Lap 4	0.49	2:50	5:46	12	0:56	28	0:56	1.96	11:10	5:41	12	3:38	27	3:38	
Lap 5	0.49	2:51	5:48	12	0:56	28	0:56	2.45	14:01	5:43	12	4:34	27	4:34	
Lap 6	0.49	2:50	5:46	12	0:54	27	0:54	2.94	16:51	5:43	12	5:28	27	5:28	
Lap 7	0.49	2:51	5:48	12	0:55	28	0:55	3.43	19:42	5:44	12	6:23	28	6:23	
Lap 8	0.49	2:52	5:51	12	0:57	28	0:57	3.92	22:34	5:45	12	7:20	28	7:20	
Lap 9	0.49	2:52	5:51	11	0:55	27	0:55	4.41	25:26	5:46	12	8:15	28	8:15	
Lap 10	0.49	2:54	5:55	11	0:57	28	0:57	4.90	28:20	5:46	12	9:12	28	9:12	
Lap 11	0.49	2:55	5:57	12	1:00	29	1:00	5.39	31:15	5:47	12	10:12	28	10:12	
Lap 12	0.49	2:57	6:01	12	0:59	28	0:59	5.88	34:12	5:48	12	11:11	28	11:11	
Lap 13	0.49	2:54	5:55	11	0:57	27	0:57	6.37	37:06	5:49	12	12:08	28	12:08	
Lap 14	0.49	2:49	5:44	10	0:55	23	0:55	6.86	39:55	5:49	12	13:03	28	13:03	
Lap 15	0.49	2:48	5:42	10	0:54	23	0:54	7.35	42:43	5:48	12	13:57	28	13:57	
Lap 16	0.49	2:47	5:40	11	0:51	24	0:51	7.84	45:30	5:48	12	14:48	28	14:48	
Lap 17	0.49	2:52	5:51	11	0:54	24	0:54	8.33	48:22	5:48	12	15:42	28	15:42	
Lap 18	0.49	2:49	5:44	11	0:56	25	0:56	8.82	51:11	5:48	12	16:34	27	16:34	
Lap 19	0.49	2:46	5:38	11	0:50	24	0:50	9.31	53:57	5:47	12	17:24	27	17:24	
Lap 20	0.49	2:47	5:40	11	0:50	23	0:50	9.80	56:44	5:47	12	18:14	27	18:14	
Lap 21	0.49	2:45	5:36	9	0:49	21	0:49	10.29	59:29	5:46	12	19:03	27	19:03	