



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

Arnstadt / 21.02.2024

## evaluación detallada

**Sven Grunwald**

tiempo total: 58:17

Asociación: SG Einheit Arnstadt e.V. / Hohe-Buchenwald

velocidad: 8.29 km/h

Dorsal: 59

rendimiento en carrera: 7:14 min/km

recorrido: 0.35 km/vuelta

Laps: 23 (8.05 km)

Stundenlauf

posición en el recorrido/Men: 38 (de 39)

categoría:

posición en la categoría: 5(de 5)

Senioren M35 (35-39)

### tiempos parciales

### stage score

### Total score

| control   | etapa<br>km | etapa<br>tiempo | etapa<br>min/km | stage score           |                |                | Total score |                 |                 |                       |                |                |    |       |
|-----------|-------------|-----------------|-----------------|-----------------------|----------------|----------------|-------------|-----------------|-----------------|-----------------------|----------------|----------------|----|-------|
|           |             |                 |                 | posición<br>categoría | retraso<br>Men | retraso<br>Men | Total<br>km | Total<br>tiempo | Total<br>min/km | posición<br>categoría | retraso<br>Men | retraso<br>Men |    |       |
| vuelta 1  | 0.35        | 2:21            | 6:42            | 5                     | 0:53           | 38             | 1:12        | 0.35            | 2:21            | 6:42                  | 5              | 0:53           | 38 | 1:12  |
| vuelta 2  | 0.35        | 2:18            | 6:34            | 5                     | 0:50           | 39             | 1:05        | 0.70            | 4:39            | 6:38                  | 5              | 1:42           | 38 | 2:17  |
| vuelta 3  | 0.35        | 2:23            | 6:48            | 5                     | 1:00           | 38             | 1:06        | 1.05            | 7:02            | 6:41                  | 5              | 2:42           | 37 | 3:23  |
| vuelta 4  | 0.35        | 2:27            | 7:00            | 5                     | 1:02           | 39             | 1:11        | 1.40            | 9:29            | 6:46                  | 5              | 3:44           | 37 | 4:34  |
| vuelta 5  | 0.35        | 2:32            | 7:14            | 5                     | 1:03           | 39             | 1:13        | 1.75            | 12:01           | 6:52                  | 5              | 4:47           | 37 | 5:47  |
| vuelta 6  | 0.35        | 2:31            | 7:11            | 5                     | 1:03           | 39             | 1:11        | 2.10            | 14:32           | 6:55                  | 5              | 5:50           | 37 | 6:58  |
| vuelta 7  | 0.35        | 2:37            | 7:28            | 5                     | 1:11           | 38             | 1:17        | 2.45            | 17:09           | 7:00                  | 5              | 7:01           | 37 | 8:15  |
| vuelta 8  | 0.35        | 2:28            | 7:02            | 5                     | 1:03           | 39             | 1:07        | 2.80            | 19:37           | 7:00                  | 5              | 8:04           | 38 | 9:22  |
| vuelta 9  | 0.35        | 2:28            | 7:02            | 5                     | 1:02           | 39             | 1:06        | 3.15            | 22:05           | 7:00                  | 5              | 9:06           | 38 | 10:28 |
| vuelta 10 | 0.35        | 2:35            | 7:22            | 5                     | 1:07           | 38             | 1:13        | 3.50            | 24:40           | 7:02                  | 5              | 10:13          | 38 | 11:41 |
| vuelta 11 | 0.35        | 2:35            | 7:22            | 5                     | 1:00           | 38             | 1:13        | 3.85            | 27:15           | 7:04                  | 5              | 11:13          | 38 | 12:54 |
| vuelta 12 | 0.35        | 2:39            | 7:34            | 5                     | 1:08           | 39             | 1:15        | 4.20            | 29:54           | 7:07                  | 5              | 12:21          | 38 | 14:09 |
| vuelta 13 | 0.35        | 2:31            | 7:11            | 5                     | 1:03           | 39             | 1:09        | 4.55            | 32:25           | 7:07                  | 5              | 13:24          | 38 | 15:18 |
| vuelta 14 | 0.35        | 2:33            | 7:17            | 5                     | 1:04           | 38             | 1:09        | 4.90            | 34:58           | 7:08                  | 5              | 14:28          | 38 | 16:27 |
| vuelta 15 | 0.35        | 2:33            | 7:17            | 5                     | 1:05           | 39             | 1:11        | 5.25            | 37:31           | 7:08                  | 5              | 15:33          | 38 | 17:38 |
| vuelta 16 | 0.35        | 2:38            | 7:31            | 5                     | 1:08           | 38             | 1:14        | 5.60            | 40:09           | 7:10                  | 5              | 16:41          | 38 | 18:52 |
| vuelta 17 | 0.35        | 2:38            | 7:31            | 5                     | 1:07           | 38             | 1:15        | 5.95            | 42:47           | 7:11                  | 5              | 17:48          | 38 | 20:07 |
| vuelta 18 | 0.35        | 2:35            | 7:22            | 5                     | 1:01           | 38             | 1:11        | 6.30            | 45:22           | 7:12                  | 5              | 18:49          | 38 | 21:18 |
| vuelta 19 | 0.35        | 2:39            | 7:34            | 5                     | 1:11           | 38             | 1:15        | 6.65            | 48:01           | 7:13                  | 5              | 20:00          | 38 | 22:33 |
| vuelta 20 | 0.35        | 2:39            | 7:34            | 5                     | 1:09           | 38             | 1:15        | 7.00            | 50:40           | 7:14                  | 5              | 21:09          | 38 | 23:48 |
| vuelta 21 | 0.35        | 2:37            | 7:28            | 5                     | 1:08           | 38             | 1:14        | 7.35            | 53:17           | 7:14                  | 5              | 22:17          | 38 | 25:02 |
| vuelta 22 | 0.35        | 2:37            | 7:28            | 5                     | 1:09           | 38             | 1:13        | 7.70            | 55:54           | 7:15                  | 5              | 23:26          | 38 | 26:15 |
| vuelta 23 | 0.35        | 2:23            | 6:48            | 5                     | 0:53           | 38             | 1:00        | 8.05            | 58:17           | 7:14                  | 5              | 24:19          | 38 | 27:15 |