



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

Arnstadt / 21.02.2024

Exploitation détaillée

Martin Mölders

Association: GutsMuths-Rensteiglaufverein

Dossard: 28

Circuit: 0.35 km/Tour

Stundenlauf

Catégorie:

Senioren M65 (65-69)

Temps total: 59:37

Vitesse: 12.33 km/h

Kilométrage: 4:52 min/km

Tours: 35 (12.25 km)

Place par parcours/Hommes: 15 (de 39)

Place par catégorie: 1(de 3)

| Poste | Temps intermédiaires | | | | | | | Résultats d'étape | | | | | | | Résultat total | | | |
|---------|----------------------|-------------|--------------|-------------|--------------|------------|-------------|-------------------|-------------|--------------|-------------|--------------|------------|-------------|----------------|--|--|--|
| | Etape km | Etape Temps | Etape min/km | Place catg. | Retard catg. | Place Homm | Retard Homm | Total km | Total Temps | Total min/km | Place catg. | Retard catg. | Place Homm | Retard Homm | | | | |
| Tour 1 | 0.35 | 1:45 | 5:00 | 1 | - | 19 | 0:36 | 0.35 | 1:45 | 5:00 | 1 | - | 19 | 0:36 | | | | |
| Tour 2 | 0.35 | 1:41 | 4:48 | 1 | - | 24 | 0:28 | 0.70 | 3:26 | 4:54 | 1 | - | 19 | 1:04 | | | | |
| Tour 3 | 0.35 | 1:41 | 4:48 | 1 | - | 20 | 0:24 | 1.05 | 5:07 | 4:52 | 1 | - | 22 | 1:28 | | | | |
| Tour 4 | 0.35 | 1:42 | 4:51 | 1 | - | 20 | 0:26 | 1.40 | 6:49 | 4:52 | 1 | - | 21 | 1:54 | | | | |
| Tour 5 | 0.35 | 1:42 | 4:51 | 1 | - | 19 | 0:23 | 1.75 | 8:31 | 4:52 | 1 | - | 21 | 2:17 | | | | |
| Tour 6 | 0.35 | 1:40 | 4:45 | 1 | - | 14 | 0:20 | 2.10 | 10:11 | 4:50 | 1 | - | 20 | 2:37 | | | | |
| Tour 7 | 0.35 | 1:42 | 4:51 | 1 | - | 19 | 0:22 | 2.45 | 11:53 | 4:51 | 1 | - | 20 | 2:59 | | | | |
| Tour 8 | 0.35 | 1:41 | 4:48 | 1 | - | 17 | 0:20 | 2.80 | 13:34 | 4:50 | 1 | - | 20 | 3:19 | | | | |
| Tour 9 | 0.35 | 1:39 | 4:42 | 1 | - | 13 | 0:17 | 3.15 | 15:13 | 4:49 | 1 | - | 18 | 3:36 | | | | |
| Tour 10 | 0.35 | 1:42 | 4:51 | 1 | - | 16 | 0:20 | 3.50 | 16:55 | 4:50 | 1 | - | 18 | 3:56 | | | | |
| Tour 11 | 0.35 | 1:42 | 4:51 | 1 | - | 16 | 0:20 | 3.85 | 18:37 | 4:50 | 1 | - | 18 | 4:16 | | | | |
| Tour 12 | 0.35 | 1:41 | 4:48 | 1 | - | 15 | 0:17 | 4.20 | 20:18 | 4:50 | 1 | - | 18 | 4:33 | | | | |
| Tour 13 | 0.35 | 1:44 | 4:57 | 1 | - | 18 | 0:22 | 4.55 | 22:02 | 4:50 | 1 | - | 18 | 4:55 | | | | |
| Tour 14 | 0.35 | 1:43 | 4:54 | 1 | - | 16 | 0:19 | 4.90 | 23:45 | 4:50 | 1 | - | 18 | 5:14 | | | | |
| Tour 15 | 0.35 | 1:43 | 4:54 | 1 | - | 14 | 0:21 | 5.25 | 25:28 | 4:51 | 1 | - | 18 | 5:35 | | | | |
| Tour 16 | 0.35 | 1:44 | 4:57 | 1 | - | 18 | 0:20 | 5.60 | 27:12 | 4:51 | 1 | - | 18 | 5:55 | | | | |
| Tour 17 | 0.35 | 1:41 | 4:48 | 1 | - | 11 | 0:18 | 5.95 | 28:53 | 4:51 | 1 | - | 17 | 6:13 | | | | |
| Tour 18 | 0.35 | 1:44 | 4:57 | 1 | - | 15 | 0:20 | 6.30 | 30:37 | 4:51 | 1 | - | 17 | 6:33 | | | | |
| Tour 19 | 0.35 | 1:44 | 4:57 | 1 | - | 16 | 0:20 | 6.65 | 32:21 | 4:51 | 1 | - | 17 | 6:53 | | | | |
| Tour 20 | 0.35 | 1:43 | 4:54 | 1 | - | 14 | 0:19 | 7.00 | 34:04 | 4:52 | 1 | - | 16 | 7:12 | | | | |
| Tour 21 | 0.35 | 1:42 | 4:51 | 1 | - | 12 | 0:19 | 7.35 | 35:46 | 4:51 | 1 | - | 16 | 7:31 | | | | |
| Tour 22 | 0.35 | 1:43 | 4:54 | 1 | - | 11 | 0:19 | 7.70 | 37:29 | 4:52 | 1 | - | 16 | 7:50 | | | | |
| Tour 23 | 0.35 | 1:44 | 4:57 | 1 | - | 15 | 0:21 | 8.05 | 39:13 | 4:52 | 1 | - | 16 | 8:11 | | | | |
| Tour 24 | 0.35 | 1:43 | 4:54 | 1 | - | 13 | 0:20 | 8.40 | 40:56 | 4:52 | 1 | - | 16 | 8:31 | | | | |
| Tour 25 | 0.35 | 1:43 | 4:54 | 1 | - | 12 | 0:20 | 8.75 | 42:39 | 4:52 | 1 | - | 16 | 8:51 | | | | |
| Tour 26 | 0.35 | 1:42 | 4:51 | 1 | - | 12 | 0:19 | 9.10 | 44:21 | 4:52 | 1 | - | 16 | 9:10 | | | | |
| Tour 27 | 0.35 | 1:42 | 4:51 | 1 | - | 10 | 0:19 | 9.45 | 46:03 | 4:52 | 1 | - | 16 | 9:29 | | | | |
| Tour 28 | 0.35 | 1:43 | 4:54 | 1 | - | 13 | 0:19 | 9.80 | 47:46 | 4:52 | 1 | - | 16 | 9:48 | | | | |
| Tour 29 | 0.35 | 1:43 | 4:54 | 1 | - | 13 | 0:20 | 10.15 | 49:29 | 4:52 | 1 | - | 16 | 10:08 | | | | |
| Tour 30 | 0.35 | 1:43 | 4:54 | 1 | - | 11 | 0:19 | 10.50 | 51:12 | 4:52 | 1 | - | 15 | 10:27 | | | | |



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Temps intermédiaires

Résultats d'étape

Résultat total

| Poste | Temps intermédiaires | | | Résultats d'étape | | | | Résultat total | | | | | | |
|---------|----------------------|-------------|--------------|-------------------|--------------|------------|-------------|----------------|-------------|--------------|-------------|--------------|------------|-------------|
| | Etape km | Etape Temps | Etape min/km | Place catg. | Retard catg. | Place Homm | Retard Homm | Total km | Total Temps | Total min/km | Place catg. | Retard catg. | Place Homm | Retard Homm |
| Tour 31 | 0.35 | 1:42 | 4:51 | 1 | - | 11 | 0:17 | 10.85 | 52:54 | 4:52 | 1 | - | 15 | 10:44 |
| Tour 32 | 0.35 | 1:43 | 4:54 | 1 | - | 12 | 0:19 | 11.20 | 54:37 | 4:52 | 1 | - | 15 | 11:03 |
| Tour 33 | 0.35 | 1:42 | 4:51 | 1 | - | 9 | 0:18 | 11.55 | 56:19 | 4:52 | 1 | - | 15 | 11:21 |
| Tour 34 | 0.35 | 1:42 | 4:51 | 1 | - | 12 | 0:18 | 11.90 | 58:01 | 4:52 | 1 | - | 15 | 11:39 |
| Tour 35 | 0.35 | 1:36 | 4:34 | 1 | - | 8 | 0:13 | 12.25 | 59:37 | 4:52 | 1 | - | 15 | 11:52 |