



1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

Exploitation détaillée

Hakan Yozyurk

Association: SPORTident

Dossard: 77

Circuit: 0.35 km/Tour

Stundenlauf

Catégorie:

Senioren M30 (30-34)

Temps total: 58:19

Vitesse: 8.64 km/h

Kilométrage: 6:56 min/km

Tours: 24 (8.4 km)

Place par parcours/Hommes: 34 (de 36)

Place par catégorie: 1(de 1)

| 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 | 2:04 | 5:54 | 1 | - | 34 | 0:59 | 0.35 | 2:04 | 5:54 | 1 | - | 34 | 0:59 | | | | |
| Tour 2 | 0.35 | 2:16 | 6:28 | 1 | - | 36 | 1:03 | 0.70 | 4:20 | 6:11 | 1 | - | 35 | 2:02 | | | | |
| Tour 3 | 0.35 | 2:17 | 6:31 | 1 | - | 35 | 1:00 | 1.05 | 6:37 | 6:18 | 1 | - | 35 | 3:02 | | | | |
| Tour 4 | 0.35 | 2:23 | 6:48 | 1 | - | 35 | 1:06 | 1.40 | 9:00 | 6:25 | 1 | - | 35 | 4:08 | | | | |
| Tour 5 | 0.35 | 2:20 | 6:40 | 1 | - | 34 | 1:02 | 1.75 | 11:20 | 6:28 | 1 | - | 35 | 5:10 | | | | |
| Tour 6 | 0.35 | 2:18 | 6:34 | 1 | - | 35 | 0:59 | 2.10 | 13:38 | 6:29 | 1 | - | 35 | 6:09 | | | | |
| Tour 7 | 0.35 | 2:25 | 6:54 | 1 | - | 35 | 1:05 | 2.45 | 16:03 | 6:33 | 1 | - | 35 | 7:14 | | | | |
| Tour 8 | 0.35 | 2:44 | 7:48 | 1 | - | 36 | 1:24 | 2.80 | 18:47 | 6:42 | 1 | - | 35 | 8:38 | | | | |
| Tour 9 | 0.35 | 2:28 | 7:02 | 1 | - | 35 | 1:08 | 3.15 | 21:15 | 6:44 | 1 | - | 35 | 9:46 | | | | |
| Tour 10 | 0.35 | 2:24 | 6:51 | 1 | - | 35 | 1:04 | 3.50 | 23:39 | 6:45 | 1 | - | 35 | 10:50 | | | | |
| Tour 11 | 0.35 | 2:29 | 7:05 | 1 | - | 35 | 1:09 | 3.85 | 26:08 | 6:47 | 1 | - | 35 | 11:59 | | | | |
| Tour 12 | 0.35 | 2:26 | 6:57 | 1 | - | 35 | 1:08 | 4.20 | 28:34 | 6:48 | 1 | - | 35 | 13:07 | | | | |
| Tour 13 | 0.35 | 2:26 | 6:57 | 1 | - | 35 | 1:06 | 4.55 | 31:00 | 6:48 | 1 | - | 35 | 14:13 | | | | |
| Tour 14 | 0.35 | 2:26 | 6:57 | 1 | - | 35 | 1:07 | 4.90 | 33:26 | 6:49 | 1 | - | 35 | 15:20 | | | | |
| Tour 15 | 0.35 | 2:27 | 7:00 | 1 | - | 35 | 1:06 | 5.25 | 35:53 | 6:50 | 1 | - | 35 | 16:26 | | | | |
| Tour 16 | 0.35 | 2:28 | 7:02 | 1 | - | 36 | 1:08 | 5.60 | 38:21 | 6:50 | 1 | - | 35 | 17:34 | | | | |
| Tour 17 | 0.35 | 2:32 | 7:14 | 1 | - | 36 | 1:11 | 5.95 | 40:53 | 6:52 | 1 | - | 35 | 18:45 | | | | |
| Tour 18 | 0.35 | 2:36 | 7:25 | 1 | - | 36 | 1:17 | 6.30 | 43:29 | 6:54 | 1 | - | 35 | 20:02 | | | | |
| Tour 19 | 0.35 | 2:27 | 7:00 | 1 | - | 35 | 1:06 | 6.65 | 45:56 | 6:54 | 1 | - | 35 | 21:08 | | | | |
| Tour 20 | 0.35 | 2:29 | 7:05 | 1 | - | 35 | 1:09 | 7.00 | 48:25 | 6:54 | 1 | - | 34 | 22:17 | | | | |
| Tour 21 | 0.35 | 2:32 | 7:14 | 1 | - | 34 | 1:11 | 7.35 | 50:57 | 6:55 | 1 | - | 34 | 23:28 | | | | |
| Tour 22 | 0.35 | 2:32 | 7:14 | 1 | - | 35 | 1:11 | 7.70 | 53:29 | 6:56 | 1 | - | 34 | 24:39 | | | | |
| Tour 23 | 0.35 | 2:32 | 7:14 | 1 | - | 35 | 1:10 | 8.05 | 56:01 | 6:57 | 1 | - | 34 | 25:49 | | | | |
| Tour 24 | 0.35 | 2:18 | 6:34 | 1 | - | 33 | 0:56 | 8.40 | 58:19 | 6:56 | 1 | - | 34 | 26:45 | | | | |