



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

Arnstadt / 15.01.2025

Exploitation détaillée

Friedrich Reich

Temps total: 1:00:00

Dossard: 134

Vitesse: 13.00 km/h

Circuit: 0.49 km/Tour

Kilométrage: 4:22 min/km

Stundenlauf

Tours: 28 (13.72 km)

Catégorie:

Place par parcours/Hommes: 5 (de 34)

Senioren M30 (30-34)

Place par catégorie: 1(de 2)

| 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 | 0.49 | 2:10 | 4:25 | 1 | - | 4 | 0:21 | 0.49 | 2:10 | 4:25 | 1 | - | 4 | 0:21 | | | | |
| Tour 2 | 0.49 | 2:10 | 4:25 | 1 | - | 7 | 0:15 | 0.98 | 4:20 | 4:25 | 1 | - | 6 | 0:36 | | | | |
| Tour 3 | 0.49 | 2:08 | 4:21 | 1 | - | 5 | 0:14 | 1.47 | 6:28 | 4:23 | 1 | - | 5 | 0:50 | | | | |
| Tour 4 | 0.49 | 2:06 | 4:17 | 1 | - | 4 | 0:12 | 1.96 | 8:34 | 4:22 | 1 | - | 5 | 1:02 | | | | |
| Tour 5 | 0.49 | 2:04 | 4:13 | 1 | - | 3 | 0:09 | 2.45 | 10:38 | 4:20 | 1 | - | 5 | 1:11 | | | | |
| Tour 6 | 0.49 | 2:07 | 4:19 | 1 | - | 5 | 0:11 | 2.94 | 12:45 | 4:20 | 1 | - | 5 | 1:22 | | | | |
| Tour 7 | 0.49 | 2:07 | 4:19 | 1 | - | 7 | 0:11 | 3.43 | 14:52 | 4:20 | 1 | - | 5 | 1:33 | | | | |
| Tour 8 | 0.49 | 2:06 | 4:17 | 1 | - | 4 | 0:11 | 3.92 | 16:58 | 4:19 | 1 | - | 5 | 1:44 | | | | |
| Tour 9 | 0.49 | 2:04 | 4:13 | 1 | - | 3 | 0:07 | 4.41 | 19:02 | 4:18 | 1 | - | 4 | 1:51 | | | | |
| Tour 10 | 0.49 | 2:04 | 4:13 | 1 | - | 3 | 0:07 | 4.90 | 21:06 | 4:18 | 1 | - | 4 | 1:58 | | | | |
| Tour 11 | 0.49 | 2:07 | 4:19 | 1 | - | 3 | 0:12 | 5.39 | 23:13 | 4:18 | 1 | - | 4 | 2:10 | | | | |
| Tour 12 | 0.49 | 2:09 | 4:23 | 1 | - | 4 | 0:11 | 5.88 | 25:22 | 4:18 | 1 | - | 5 | 2:21 | | | | |
| Tour 13 | 0.49 | 2:11 | 4:27 | 1 | - | 7 | 0:14 | 6.37 | 27:33 | 4:19 | 1 | - | 5 | 2:35 | | | | |
| Tour 14 | 0.49 | 2:08 | 4:21 | 1 | - | 4 | 0:14 | 6.86 | 29:41 | 4:19 | 1 | - | 5 | 2:49 | | | | |
| Tour 15 | 0.49 | 2:09 | 4:23 | 1 | - | 5 | 0:15 | 7.35 | 31:50 | 4:19 | 1 | - | 5 | 3:04 | | | | |
| Tour 16 | 0.49 | 2:11 | 4:27 | 1 | - | 6 | 0:15 | 7.84 | 34:01 | 4:20 | 1 | - | 5 | 3:19 | | | | |
| Tour 17 | 0.49 | 2:11 | 4:27 | 1 | - | 5 | 0:13 | 8.33 | 36:12 | 4:20 | 1 | - | 5 | 3:32 | | | | |
| Tour 18 | 0.49 | 2:11 | 4:27 | 1 | - | 6 | 0:18 | 8.82 | 38:23 | 4:21 | 1 | - | 5 | 3:46 | | | | |
| Tour 19 | 0.49 | 2:11 | 4:27 | 1 | - | 6 | 0:15 | 9.31 | 40:34 | 4:21 | 1 | - | 5 | 4:01 | | | | |
| Tour 20 | 0.49 | 2:10 | 4:25 | 1 | - | 6 | 0:13 | 9.80 | 42:44 | 4:21 | 1 | - | 5 | 4:14 | | | | |
| Tour 21 | 0.49 | 2:08 | 4:21 | 1 | - | 2 | 0:12 | 10.29 | 44:52 | 4:21 | 1 | - | 5 | 4:26 | | | | |
| Tour 22 | 0.49 | 2:10 | 4:25 | 1 | - | 5 | 0:13 | 10.78 | 47:02 | 4:21 | 1 | - | 5 | 4:39 | | | | |
| Tour 23 | 0.49 | 2:12 | 4:29 | 1 | - | 5 | 0:16 | 11.27 | 49:14 | 4:22 | 1 | - | 5 | 4:55 | | | | |
| Tour 24 | 0.49 | 2:11 | 4:27 | 1 | - | 5 | 0:14 | 11.76 | 51:25 | 4:22 | 1 | - | 5 | 5:09 | | | | |
| Tour 25 | 0.49 | 2:11 | 4:27 | 1 | - | 6 | 0:14 | 12.25 | 53:36 | 4:22 | 1 | - | 5 | 5:23 | | | | |
| Tour 26 | 0.49 | 2:12 | 4:29 | 1 | - | 8 | 0:15 | 12.74 | 55:48 | 4:22 | 1 | - | 5 | 5:37 | | | | |
| Tour 27 | 0.49 | 2:11 | 4:27 | 1 | - | 6 | 0:18 | 13.23 | 57:59 | 4:22 | 1 | - | 5 | 5:52 | | | | |
| Tour 28 | 0.49 | 2:01 | 4:06 | 1 | - | 3 | 0:09 | 13.72 | 1:00:00 | 4:22 | 1 | - | 5 | 5:57 | | | | |