



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

Arnstadt / 15.01.2025

Exploitation détaillée

Wolfram Kneise

Association: Langstrecke Arnstadt

Dossard: 125

Circuit: 0.49 km/Tour

Stundenlauf

Catégorie:

Senioren M40 (40-44)

Temps total: 59:33

Vitesse: 12.09 km/h

Kilométrage: 4:40 min/km

Tours: 26 (12.74 km)

Place par parcours/Hommes: 12 (de 34)

Place par catégorie: 4(de 13)

| 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 | 2:17 | 4:39 | 5 | 0:28 | 11 | 0:28 | 0.49 | 2:17 | 4:39 | 5 | 0:28 | 11 | 0:28 | | | | |
| Tour 2 | 0.49 | 2:11 | 4:27 | 3 | 0:16 | 8 | 0:16 | 0.98 | 4:28 | 4:33 | 3 | 0:44 | 8 | 0:44 | | | | |
| Tour 3 | 0.49 | 2:10 | 4:25 | 3 | 0:16 | 8 | 0:16 | 1.47 | 6:38 | 4:30 | 3 | 1:00 | 8 | 1:00 | | | | |
| Tour 4 | 0.49 | 2:13 | 4:31 | 3 | 0:19 | 9 | 0:19 | 1.96 | 8:51 | 4:30 | 3 | 1:19 | 9 | 1:19 | | | | |
| Tour 5 | 0.49 | 2:12 | 4:29 | 4 | 0:17 | 11 | 0:17 | 2.45 | 11:03 | 4:30 | 3 | 1:36 | 9 | 1:36 | | | | |
| Tour 6 | 0.49 | 2:13 | 4:31 | 3 | 0:17 | 9 | 0:17 | 2.94 | 13:16 | 4:30 | 3 | 1:53 | 9 | 1:53 | | | | |
| Tour 7 | 0.49 | 2:14 | 4:33 | 4 | 0:18 | 11 | 0:18 | 3.43 | 15:30 | 4:31 | 3 | 2:11 | 10 | 2:11 | | | | |
| Tour 8 | 0.49 | 2:14 | 4:33 | 4 | 0:19 | 11 | 0:19 | 3.92 | 17:44 | 4:31 | 3 | 2:30 | 9 | 2:30 | | | | |
| Tour 9 | 0.49 | 2:14 | 4:33 | 3 | 0:17 | 8 | 0:17 | 4.41 | 19:58 | 4:31 | 3 | 2:47 | 9 | 2:47 | | | | |
| Tour 10 | 0.49 | 2:13 | 4:31 | 4 | 0:16 | 9 | 0:16 | 4.90 | 22:11 | 4:31 | 3 | 3:03 | 9 | 3:03 | | | | |
| Tour 11 | 0.49 | 2:16 | 4:37 | 3 | 0:21 | 7 | 0:21 | 5.39 | 24:27 | 4:32 | 3 | 3:24 | 9 | 3:24 | | | | |
| Tour 12 | 0.49 | 2:15 | 4:35 | 3 | 0:17 | 9 | 0:17 | 5.88 | 26:42 | 4:32 | 3 | 3:41 | 9 | 3:41 | | | | |
| Tour 13 | 0.49 | 2:17 | 4:39 | 4 | 0:20 | 12 | 0:20 | 6.37 | 28:59 | 4:32 | 3 | 4:01 | 10 | 4:01 | | | | |
| Tour 14 | 0.49 | 2:20 | 4:45 | 4 | 0:26 | 11 | 0:26 | 6.86 | 31:19 | 4:33 | 3 | 4:27 | 10 | 4:27 | | | | |
| Tour 15 | 0.49 | 2:22 | 4:49 | 4 | 0:28 | 12 | 0:28 | 7.35 | 33:41 | 4:34 | 3 | 4:55 | 10 | 4:55 | | | | |
| Tour 16 | 0.49 | 2:20 | 4:45 | 5 | 0:24 | 13 | 0:24 | 7.84 | 36:01 | 4:35 | 3 | 5:19 | 10 | 5:19 | | | | |
| Tour 17 | 0.49 | 2:20 | 4:45 | 4 | 0:22 | 11 | 0:22 | 8.33 | 38:21 | 4:36 | 3 | 5:41 | 10 | 5:41 | | | | |
| Tour 18 | 0.49 | 2:22 | 4:49 | 5 | 0:29 | 13 | 0:29 | 8.82 | 40:43 | 4:36 | 3 | 6:06 | 10 | 6:06 | | | | |
| Tour 19 | 0.49 | 2:21 | 4:47 | 4 | 0:25 | 11 | 0:25 | 9.31 | 43:04 | 4:37 | 3 | 6:31 | 10 | 6:31 | | | | |
| Tour 20 | 0.49 | 2:19 | 4:43 | 4 | 0:22 | 10 | 0:22 | 9.80 | 45:23 | 4:37 | 3 | 6:53 | 10 | 6:53 | | | | |
| Tour 21 | 0.49 | 2:26 | 4:57 | 4 | 0:30 | 14 | 0:30 | 10.29 | 47:49 | 4:38 | 3 | 7:23 | 10 | 7:23 | | | | |
| Tour 22 | 0.49 | 2:24 | 4:53 | 4 | 0:27 | 13 | 0:27 | 10.78 | 50:13 | 4:39 | 3 | 7:50 | 10 | 7:50 | | | | |
| Tour 23 | 0.49 | 2:24 | 4:53 | 4 | 0:28 | 13 | 0:28 | 11.27 | 52:37 | 4:40 | 3 | 8:18 | 10 | 8:18 | | | | |
| Tour 24 | 0.49 | 2:22 | 4:49 | 5 | 0:25 | 12 | 0:25 | 11.76 | 54:59 | 4:40 | 3 | 8:43 | 10 | 8:43 | | | | |
| Tour 25 | 0.49 | 2:20 | 4:45 | 4 | 0:23 | 11 | 0:23 | 12.25 | 57:19 | 4:40 | 4 | 9:06 | 11 | 9:06 | | | | |
| Tour 26 | 0.49 | 2:14 | 4:33 | 4 | 0:16 | 10 | 0:17 | 12.74 | 59:33 | 4:40 | 4 | 9:22 | 12 | 9:22 | | | | |