



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

Arnstadt / 15.01.2025

### Exploitation détaillée

#### Torsten Winter

Association: VfB Torpedo Ichtershausen e.V.  
Dossard: 160

Circuit: 0.49 km/Tour  
Stundenlauf

Catégorie:  
Senioren M50 (50-54)

Temps total: 58:41

Vitesse: 10.22 km/h

Kilométrage: 5:26 min/km

Tours: 22 (10.78 km)

Place par parcours/Hommes: 23 (de 34)

Place par catégorie: 5(de 5)

| 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                 | 2:53        | 5:53         | 5           | 0:44         | 29         | 1:04        | 0.49              | 2:53        | 5:53         | 5           | 0:44         | 29         | 1:04        |                |  |  |  |
| Tour 2  | 0.49                 | 2:55        | 5:57         | 5           | 0:52         | 29         | 1:00        | 0.98              | 5:48        | 5:55         | 5           | 1:36         | 29         | 2:04        |                |  |  |  |
| Tour 3  | 0.49                 | 2:54        | 5:55         | 5           | 0:49         | 28         | 1:00        | 1.47              | 8:42        | 5:55         | 5           | 2:25         | 28         | 3:04        |                |  |  |  |
| Tour 4  | 0.49                 | 2:25        | 4:55         | 4           | 0:18         | 19         | 0:31        | 1.96              | 11:07       | 5:40         | 5           | 2:43         | 25         | 3:35        |                |  |  |  |
| Tour 5  | 0.49                 | 2:05        | 4:15         | 1           | -            | 5          | 0:10        | 2.45              | 13:12       | 5:23         | 5           | 2:41         | 26         | 3:45        |                |  |  |  |
| Tour 6  | 0.49                 | 2:39        | 5:24         | 5           | 0:31         | 23         | 0:43        | 2.94              | 15:51       | 5:23         | 5           | 3:12         | 26         | 4:28        |                |  |  |  |
| Tour 7  | 0.49                 | 2:06        | 4:17         | 1           | -            | 6          | 0:10        | 3.43              | 17:57       | 5:13         | 5           | 3:09         | 24         | 4:38        |                |  |  |  |
| Tour 8  | 0.49                 | 2:12        | 4:29         | 2           | 0:04         | 8          | 0:17        | 3.92              | 20:09       | 5:08         | 5           | 3:13         | 23         | 4:55        |                |  |  |  |
| Tour 9  | 0.49                 | 2:37        | 5:20         | 5           | 0:31         | 21         | 0:40        | 4.41              | 22:46       | 5:09         | 5           | 3:44         | 23         | 5:35        |                |  |  |  |
| Tour 10 | 0.49                 | 2:09        | 4:23         | 2           | 0:04         | 7          | 0:12        | 4.90              | 24:55       | 5:05         | 5           | 3:48         | 22         | 5:47        |                |  |  |  |
| Tour 11 | 0.49                 | 2:36        | 5:18         | 5           | 0:25         | 22         | 0:41        | 5.39              | 27:31       | 5:06         | 5           | 4:13         | 22         | 6:28        |                |  |  |  |
| Tour 12 | 0.49                 | 2:14        | 4:33         | 3           | 0:02         | 8          | 0:16        | 5.88              | 29:45       | 5:03         | 5           | 4:15         | 21         | 6:44        |                |  |  |  |
| Tour 13 | 0.49                 | 2:08        | 4:21         | 1           | -            | 5          | 0:11        | 6.37              | 31:53       | 5:00         | 4           | 4:09         | 19         | 6:55        |                |  |  |  |
| Tour 14 | 0.49                 | 3:00        | 6:07         | 5           | 0:45         | 27         | 1:06        | 6.86              | 34:53       | 5:05         | 5           | 4:54         | 20         | 8:01        |                |  |  |  |
| Tour 15 | 0.49                 | 2:55        | 5:57         | 5           | 0:42         | 25         | 1:01        | 7.35              | 37:48       | 5:08         | 5           | 5:36         | 21         | 9:02        |                |  |  |  |
| Tour 16 | 0.49                 | 2:56        | 5:59         | 5           | 0:44         | 27         | 1:00        | 7.84              | 40:44       | 5:11         | 5           | 6:20         | 22         | 10:02       |                |  |  |  |
| Tour 17 | 0.49                 | 2:57        | 6:01         | 5           | 0:45         | 28         | 0:59        | 8.33              | 43:41       | 5:14         | 5           | 7:05         | 23         | 11:01       |                |  |  |  |
| Tour 18 | 0.49                 | 2:58        | 6:03         | 5           | 0:46         | 27         | 1:05        | 8.82              | 46:39       | 5:17         | 5           | 7:51         | 23         | 12:02       |                |  |  |  |
| Tour 19 | 0.49                 | 3:01        | 6:09         | 5           | 0:49         | 29         | 1:05        | 9.31              | 49:40       | 5:20         | 5           | 8:40         | 23         | 13:07       |                |  |  |  |
| Tour 20 | 0.49                 | 3:00        | 6:07         | 5           | 0:48         | 29         | 1:03        | 9.80              | 52:40       | 5:22         | 5           | 9:28         | 23         | 14:10       |                |  |  |  |
| Tour 21 | 0.49                 | 3:01        | 6:09         | 5           | 0:48         | 28         | 1:05        | 10.29             | 55:41       | 5:24         | 5           | 10:16        | 23         | 15:15       |                |  |  |  |
| Tour 22 | 0.49                 | 3:00        | 6:07         | 5           | 0:46         | 23         | 1:03        | 10.78             | 58:41       | 5:26         | 5           | 11:02        | 23         | 16:18       |                |  |  |  |