



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

Arnstadt / 31.01.2024

Detalizēti rezultāti

Hakan Öztürk

Klubs: SPORTident

Numurs: 63

Posms: 0.35 km/Aplis

Stundenlauf

Grupa:

Senioren M30 (30-34)

Kopējais laiks: 58:38

Ātrums: 7.16 km/h

Skrējiena izpildījums: 8:22 min/km

Aplī: 20 (7 km)

Vieta distancē/Vīrieši: 44 (no 44)

Vieta grupā: 3(no 3)

Vidējie laiki

Posma rezultāts

Kopējais rezultāts

| Kontrolpunkts | Posma rezultāts | | | | | | | Kopējais rezultāts | | | | | | |
|---------------|-----------------|-------------|--------------|---------------------|----------------------|---------|---------|--------------------|------------|-------------|---------------------|----------------------|---------|---------|
| | Posma km | Posma Laiks | Posma min/km | Vietāztrūkum: grupā | Vietāztrūkums: grupā | Vīrieši | Vīrieši | Kopā km | Kopā Laiks | Kopā min/km | Vietāztrūkum: grupā | Vietāztrūkums: grupā | Vīrieši | Vīrieši |
| Aplis 1 | 0.35 | 2:07 | 6:02 | 3 | 0:52 | 37 | 0:53 | 0.35 | 2:07 | 6:02 | 3 | 0:52 | 37 | 0:53 |
| Aplis 2 | 0.35 | 2:08 | 6:05 | 3 | 0:44 | 41 | 0:47 | 0.70 | 4:15 | 6:04 | 3 | 1:36 | 41 | 1:40 |
| Aplis 3 | 0.35 | 2:23 | 6:48 | 3 | 0:59 | 43 | 1:02 | 1.05 | 6:38 | 6:19 | 3 | 2:35 | 42 | 2:41 |
| Aplis 4 | 0.35 | 3:07 | 8:54 | 3 | 1:43 | 44 | 1:46 | 1.40 | 9:45 | 6:57 | 3 | 4:18 | 43 | 4:27 |
| Aplis 5 | 0.35 | 3:08 | 8:57 | 3 | 1:41 | 44 | 1:46 | 1.75 | 12:53 | 7:21 | 3 | 5:59 | 44 | 6:13 |
| Aplis 6 | 0.35 | 2:36 | 7:25 | 3 | 1:09 | 44 | 1:13 | 2.10 | 15:29 | 7:22 | 3 | 7:08 | 44 | 7:26 |
| Aplis 7 | 0.35 | 2:46 | 7:54 | 3 | 1:18 | 44 | 1:24 | 2.45 | 18:15 | 7:26 | 3 | 8:26 | 44 | 8:50 |
| Aplis 8 | 0.35 | 3:05 | 8:48 | 3 | 1:36 | 44 | 1:42 | 2.80 | 21:20 | 7:37 | 3 | 10:02 | 44 | 10:31 |
| Aplis 9 | 0.35 | 3:08 | 8:57 | 3 | 1:37 | 44 | 1:47 | 3.15 | 24:28 | 7:46 | 3 | 11:39 | 44 | 12:14 |
| Aplis 10 | 0.35 | 2:29 | 7:05 | 3 | 1:01 | 43 | 1:07 | 3.50 | 26:57 | 7:42 | 3 | 12:40 | 44 | 13:19 |
| Aplis 11 | 0.35 | 3:23 | 9:40 | 3 | 1:53 | 44 | 2:00 | 3.85 | 30:20 | 7:52 | 3 | 14:33 | 44 | 15:18 |
| Aplis 12 | 0.35 | 4:46 | 13:37 | 3 | 3:16 | 44 | 3:25 | 4.20 | 35:06 | 8:21 | 3 | 17:49 | 44 | 18:41 |
| Aplis 13 | 0.35 | 4:13 | 12:02 | 3 | 2:44 | 44 | 2:52 | 4.55 | 39:19 | 8:38 | 3 | 20:33 | 44 | 21:31 |
| Aplis 14 | 0.35 | 2:29 | 7:05 | 3 | 0:58 | 42 | 1:08 | 4.90 | 41:48 | 8:31 | 3 | 21:31 | 44 | 22:38 |
| Aplis 15 | 0.35 | 2:37 | 7:28 | 3 | 1:10 | 43 | 1:15 | 5.25 | 44:25 | 8:27 | 3 | 22:41 | 44 | 23:53 |
| Aplis 16 | 0.35 | 2:50 | 8:05 | 3 | 1:23 | 44 | 1:28 | 5.60 | 47:15 | 8:26 | 3 | 24:04 | 44 | 25:20 |
| Aplis 17 | 0.35 | 2:37 | 7:28 | 3 | 1:08 | 44 | 1:14 | 5.95 | 49:52 | 8:22 | 3 | 25:12 | 44 | 26:34 |
| Aplis 18 | 0.35 | 2:39 | 7:34 | 3 | 1:09 | 44 | 1:15 | 6.30 | 52:31 | 8:20 | 3 | 26:21 | 44 | 27:48 |
| Aplis 19 | 0.35 | 2:51 | 8:08 | 3 | 1:22 | 44 | 1:29 | 6.65 | 55:22 | 8:19 | 3 | 27:43 | 44 | 29:16 |
| Aplis 20 | 0.35 | 3:16 | 9:20 | 3 | 1:48 | 44 | 1:56 | 7.00 | 58:38 | 8:22 | 3 | 29:31 | 44 | 31:11 |