



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

Arnstadt / 20.03.2024

Detalizēti rezultāti

Thomas Bähr

Klubs: Traktor Rehestädt

Numurs: 42

Posms: 0.35 km/Aplis

Stundenlauf

Grupa:

Senioren M60 (60-64)

Kopējais laiks: 59:46

Ātrums: 10.04 km/h

Skrējiena izpildījums: 5:53 min/km

Aplī: 29 (10.15 km)

Vieta distancē/Vīrieši: 30 (no 36)

Vieta grupā: 4(no 4)

Vidējie laiki

Posma rezultāts

Kopējais rezultāts

| Kontrolpunkts | Posma rezultāts | | | | | | | Kopējais rezultāts | | | | | | |
|---------------|-----------------|-------------|--------------|---------------------|----------------------|------------------------|------------------------|--------------------|------------|-------------|---------------------|----------------------|------------------------|------------------------|
| | Posma km | Posma Laiks | Posma min/km | Vietāztrūkum: grupā | Vietāztrūkums: grupā | Vietāztrūkums: Vīrieši | Vietāztrūkums: Vīrieši | Kopā km | Kopā Laiks | Kopā min/km | Vietāztrūkum: grupā | Vietāztrūkums: grupā | Vietāztrūkums: Vīrieši | Vietāztrūkums: Vīrieši |
| Aplis 1 | 0.35 | 1:50 | 5:14 | 4 | 0:12 | 26 | 0:45 | 0.35 | 1:50 | 5:14 | 4 | 0:12 | 26 | 0:45 |
| Aplis 2 | 0.35 | 1:55 | 5:28 | 4 | 0:11 | 30 | 0:42 | 0.70 | 3:45 | 5:21 | 4 | 0:23 | 28 | 1:27 |
| Aplis 3 | 0.35 | 1:57 | 5:34 | 4 | 0:14 | 29 | 0:40 | 1.05 | 5:42 | 5:25 | 4 | 0:32 | 28 | 2:07 |
| Aplis 4 | 0.35 | 1:59 | 5:40 | 4 | 0:11 | 31 | 0:42 | 1.40 | 7:41 | 5:29 | 4 | 0:41 | 29 | 2:49 |
| Aplis 5 | 0.35 | 2:00 | 5:42 | 3 | 0:12 | 30 | 0:42 | 1.75 | 9:41 | 5:31 | 3 | 0:51 | 28 | 3:31 |
| Aplis 6 | 0.35 | 2:00 | 5:42 | 4 | 0:13 | 31 | 0:41 | 2.10 | 11:41 | 5:33 | 3 | 1:04 | 28 | 4:12 |
| Aplis 7 | 0.35 | 2:02 | 5:48 | 4 | 0:12 | 31 | 0:42 | 2.45 | 13:43 | 5:35 | 3 | 1:15 | 29 | 4:54 |
| Aplis 8 | 0.35 | 2:03 | 5:51 | 4 | 0:17 | 31 | 0:43 | 2.80 | 15:46 | 5:37 | 3 | 1:32 | 30 | 5:37 |
| Aplis 9 | 0.35 | 2:03 | 5:51 | 4 | 0:12 | 31 | 0:43 | 3.15 | 17:49 | 5:39 | 4 | 1:44 | 31 | 6:20 |
| Aplis 10 | 0.35 | 2:04 | 5:54 | 4 | 0:13 | 31 | 0:44 | 3.50 | 19:53 | 5:40 | 4 | 1:56 | 31 | 7:04 |
| Aplis 11 | 0.35 | 2:05 | 5:57 | 4 | 0:14 | 31 | 0:45 | 3.85 | 21:58 | 5:42 | 4 | 2:10 | 31 | 7:49 |
| Aplis 12 | 0.35 | 2:04 | 5:54 | 4 | 0:12 | 30 | 0:46 | 4.20 | 24:02 | 5:43 | 4 | 2:22 | 31 | 8:35 |
| Aplis 13 | 0.35 | 2:05 | 5:57 | 4 | 0:16 | 31 | 0:45 | 4.55 | 26:07 | 5:44 | 4 | 2:38 | 31 | 9:20 |
| Aplis 14 | 0.35 | 2:03 | 5:51 | 4 | 0:13 | 31 | 0:44 | 4.90 | 28:10 | 5:44 | 4 | 2:51 | 31 | 10:04 |
| Aplis 15 | 0.35 | 2:04 | 5:54 | 4 | 0:11 | 30 | 0:43 | 5.25 | 30:14 | 5:45 | 4 | 3:02 | 31 | 10:47 |
| Aplis 16 | 0.35 | 2:04 | 5:54 | 4 | 0:13 | 31 | 0:44 | 5.60 | 32:18 | 5:46 | 4 | 3:12 | 31 | 11:31 |
| Aplis 17 | 0.35 | 2:06 | 6:00 | 4 | 0:15 | 31 | 0:45 | 5.95 | 34:24 | 5:46 | 4 | 3:24 | 31 | 12:16 |
| Aplis 18 | 0.35 | 2:09 | 6:08 | 4 | 0:18 | 30 | 0:50 | 6.30 | 36:33 | 5:48 | 4 | 3:42 | 31 | 13:06 |
| Aplis 19 | 0.35 | 2:05 | 5:57 | 4 | 0:12 | 29 | 0:44 | 6.65 | 38:38 | 5:48 | 4 | 3:49 | 31 | 13:50 |
| Aplis 20 | 0.35 | 2:07 | 6:02 | 4 | 0:14 | 29 | 0:47 | 7.00 | 40:45 | 5:49 | 4 | 3:59 | 30 | 14:37 |
| Aplis 21 | 0.35 | 2:07 | 6:02 | 4 | 0:15 | 29 | 0:46 | 7.35 | 42:52 | 5:49 | 4 | 4:14 | 30 | 15:23 |
| Aplis 22 | 0.35 | 2:10 | 6:11 | 4 | 0:16 | 29 | 0:49 | 7.70 | 45:02 | 5:50 | 4 | 4:29 | 30 | 16:12 |
| Aplis 23 | 0.35 | 2:09 | 6:08 | 4 | 0:15 | 29 | 0:47 | 8.05 | 47:11 | 5:51 | 4 | 4:43 | 30 | 16:59 |
| Aplis 24 | 0.35 | 2:09 | 6:08 | 4 | 0:15 | 29 | 0:47 | 8.40 | 49:20 | 5:52 | 4 | 4:58 | 30 | 17:46 |
| Aplis 25 | 0.35 | 2:10 | 6:11 | 4 | 0:16 | 29 | 0:48 | 8.75 | 51:30 | 5:53 | 4 | 5:12 | 30 | 18:34 |
| Aplis 26 | 0.35 | 2:06 | 6:00 | 4 | 0:12 | 25 | 0:45 | 9.10 | 53:36 | 5:53 | 4 | 5:23 | 30 | 19:19 |
| Aplis 27 | 0.35 | 2:08 | 6:05 | 4 | 0:15 | 30 | 0:45 | 9.45 | 55:44 | 5:53 | 4 | 5:38 | 30 | 20:04 |
| Aplis 28 | 0.35 | 2:01 | 5:45 | 4 | 0:10 | 28 | 0:37 | 9.80 | 57:45 | 5:53 | 4 | 5:45 | 30 | 20:41 |
| Aplis 29 | 0.35 | 2:01 | 5:45 | 4 | 0:10 | 28 | 0:39 | 10.15 | 59:46 | 5:53 | 4 | 5:52 | 30 | 21:20 |