



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

Arnstadt / 31.01.2024

Detailed evaluation

Thorsten Hengelhaupt

Club: VfB Torpedo Ichttershausen

Number: 7

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M45 (45-49) H

Total time: 28:32

Speed: 10.51 km/h

Running performance: 4:47 min/km

Laps: 17 (5.95 km)

Rank in course/Men: 2 (of 14)

Rank in category: 2(of 2)

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.35	1:41	4:48	2	0:04	4	0:05	0.35	1:41	4:48	2	0:04	4	0:05
Lap 2	0.35	1:41	4:48	2	0:08	3	0:11	0.70	3:22	4:48	2	0:12	4	0:12
Lap 3	0.35	1:40	4:45	2	0:06	3	0:06	1.05	5:02	4:47	2	0:18	4	0:18
Lap 4	0.35	1:40	4:45	2	0:05	4	0:05	1.40	6:42	4:47	2	0:23	4	0:23
Lap 5	0.35	1:40	4:45	2	0:03	2	0:03	1.75	8:22	4:46	2	0:26	3	0:26
Lap 6	0.35	1:41	4:48	2	0:03	3	0:03	2.10	10:03	4:47	2	0:29	3	0:29
Lap 7	0.35	1:39	4:42	1	-	1	-	2.45	11:42	4:46	2	0:29	3	0:29
Lap 8	0.35	1:43	4:54	2	0:02	3	0:02	2.80	13:25	4:47	2	0:31	3	0:31
Lap 9	0.35	1:42	4:51	2	0:04	2	0:04	3.15	15:07	4:47	2	0:35	3	0:35
Lap 10	0.35	1:40	4:45	2	0:04	2	0:04	3.50	16:47	4:47	2	0:39	2	0:39
Lap 11	0.35	1:39	4:42	2	0:06	2	0:06	3.85	18:26	4:47	2	0:45	2	0:45
Lap 12	0.35	1:42	4:51	2	0:08	2	0:08	4.20	20:08	4:47	2	0:53	2	0:53
Lap 13	0.35	1:40	4:45	2	0:01	2	0:01	4.55	21:48	4:47	2	0:54	2	0:54
Lap 14	0.35	1:42	4:51	2	0:05	2	0:05	4.90	23:30	4:47	2	0:59	2	0:59
Lap 15	0.35	1:42	4:51	2	0:07	3	0:07	5.25	25:12	4:47	2	1:06	2	1:06
Lap 16	0.35	1:41	4:48	2	0:02	3	0:04	5.60	26:53	4:48	2	1:08	2	1:08
Lap 17	0.35	1:39	4:42	2	0:03	4	0:06	5.95	28:32	4:47	2	1:11	2	1:11