



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

Arnstadt / 31.01.2024

Detailed evaluation

Frank Spilling

Total time: 29:08

Number: 1

Speed: 8.24 km/h

Course: 0.35 km/Lap

Running performance: 5:56 min/km

Halbstundenlauf

Laps: 14 (4.9 km)

Category:

Rank in course/Men: 12 (of 14)

Senioren M50 (50-54) H

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	1:53	5:22	2	0:13	11	0:17	0.35	1:53	5:22	2	0:13	11	0:17
Lap 2	0.35	1:58	5:37	2	0:15	13	0:28	0.70	3:51	5:30	2	0:28	11	0:41
Lap 3	0.35	2:00	5:42	2	0:14	10	0:26	1.05	5:51	5:34	2	0:42	11	1:07
Lap 4	0.35	2:03	5:51	2	0:17	12	0:28	1.40	7:54	5:38	2	0:59	11	1:35
Lap 5	0.35	2:02	5:48	2	0:15	10	0:25	1.75	9:56	5:40	2	1:14	11	2:00
Lap 6	0.35	2:03	5:51	2	0:15	10	0:25	2.10	11:59	5:42	2	1:29	10	2:25
Lap 7	0.35	2:05	5:57	2	0:16	11	0:26	2.45	14:04	5:44	2	1:45	10	2:51
Lap 8	0.35	2:09	6:08	2	0:20	11	0:28	2.80	16:13	5:47	2	2:05	10	3:19
Lap 9	0.35	2:07	6:02	2	0:17	11	0:29	3.15	18:20	5:49	2	2:22	10	3:48
Lap 10	0.35	2:06	6:00	2	0:20	11	0:30	3.50	20:26	5:50	2	2:42	10	4:18
Lap 11	0.35	2:12	6:17	2	0:23	13	0:39	3.85	22:38	5:52	2	3:05	11	4:57
Lap 12	0.35	2:10	6:11	2	0:22	10	0:36	4.20	24:48	5:54	2	3:27	11	5:33
Lap 13	0.35	2:10	6:11	2	0:22	11	0:31	4.55	26:58	5:55	2	3:49	11	6:04
Lap 14	0.35	2:10	6:11	2	0:22	13	0:33	4.90	29:08	5:56	2	4:11	12	6:37