



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

Arnstadt / 31.01.2024

Detailed evaluation

Nils Rutkowski

Club: Blau-Weiss Meiningen

Number: 24

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M60 (60-64) H

Total time: 28:59

Speed: 10.35 km/h

Running performance: 4:52 min/km

Laps: 17 (5.95 km)

Rank in course/Men: 3 (of 14)

Rank in category: 1(of 4)

Intermediate times

Stage score

Total ranking

| Control | Split | | Split min/km | Pos Cat. | Behind Cat. | Pos | | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|---------|-------|------|-----------------|-------------|----------------|-----|------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | km | Time | | | | Men | Men | | | | | | | |
| Lap 1 | 0.35 | 1:36 | 4:34 | 1 | - | 1 | - | 0.35 | 1:36 | 4:34 | 1 | - | 1 | - |
| Lap 2 | 0.35 | 1:41 | 4:48 | 1 | - | 3 | 0:11 | 0.70 | 3:17 | 4:41 | 1 | - | 3 | 0:07 |
| Lap 3 | 0.35 | 1:43 | 4:54 | 1 | - | 4 | 0:09 | 1.05 | 5:00 | 4:45 | 1 | - | 3 | 0:16 |
| Lap 4 | 0.35 | 1:39 | 4:42 | 1 | - | 3 | 0:04 | 1.40 | 6:39 | 4:45 | 1 | - | 3 | 0:20 |
| Lap 5 | 0.35 | 1:41 | 4:48 | 1 | - | 3 | 0:04 | 1.75 | 8:20 | 4:45 | 1 | - | 2 | 0:24 |
| Lap 6 | 0.35 | 1:41 | 4:48 | 1 | - | 3 | 0:03 | 2.10 | 10:01 | 4:46 | 1 | - | 2 | 0:27 |
| Lap 7 | 0.35 | 1:40 | 4:45 | 1 | - | 3 | 0:01 | 2.45 | 11:41 | 4:46 | 1 | - | 2 | 0:28 |
| Lap 8 | 0.35 | 1:42 | 4:51 | 1 | - | 2 | 0:01 | 2.80 | 13:23 | 4:46 | 1 | - | 2 | 0:29 |
| Lap 9 | 0.35 | 1:43 | 4:54 | 1 | - | 3 | 0:05 | 3.15 | 15:06 | 4:47 | 1 | - | 2 | 0:34 |
| Lap 10 | 0.35 | 1:43 | 4:54 | 1 | - | 4 | 0:07 | 3.50 | 16:49 | 4:48 | 1 | - | 3 | 0:41 |
| Lap 11 | 0.35 | 1:45 | 5:00 | 1 | - | 3 | 0:12 | 3.85 | 18:34 | 4:49 | 1 | - | 3 | 0:53 |
| Lap 12 | 0.35 | 1:45 | 5:00 | 1 | - | 3 | 0:11 | 4.20 | 20:19 | 4:50 | 1 | - | 3 | 1:04 |
| Lap 13 | 0.35 | 1:46 | 5:02 | 1 | - | 4 | 0:07 | 4.55 | 22:05 | 4:51 | 1 | - | 3 | 1:11 |
| Lap 14 | 0.35 | 1:45 | 5:00 | 1 | - | 5 | 0:08 | 4.90 | 23:50 | 4:51 | 1 | - | 3 | 1:19 |
| Lap 15 | 0.35 | 1:44 | 4:57 | 1 | - | 5 | 0:09 | 5.25 | 25:34 | 4:52 | 1 | - | 3 | 1:28 |
| Lap 16 | 0.35 | 1:44 | 4:57 | 1 | - | 5 | 0:07 | 5.60 | 27:18 | 4:52 | 1 | - | 3 | 1:33 |
| Lap 17 | 0.35 | 1:41 | 4:48 | 1 | - | 5 | 0:08 | 5.95 | 28:59 | 4:52 | 1 | - | 3 | 1:38 |