



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

Arnstadt / 31.01.2024

Detailed evaluation

Norbert Wenzlaff

Club: Arnstadt

Number: 15

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M60 (60-64) H

Total time: 28:52

Speed: 10.39 km/h

Running performance: 5:29 min/km

Laps: 15 (5.25 km)

Rank in course/Men: 8 (of 14)

Rank in category: 2(of 4)

Control	Intermediate times								Stage score				Total ranking			
	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	1:52	5:20	2	0:16	9	0:16	0.35	1:52	5:20	2	0:16	9	0:16		
Lap 2	0.35	1:48	5:08	2	0:07	8	0:18	0.70	3:40	5:14	2	0:23	9	0:30		
Lap 3	0.35	1:56	5:31	2	0:13	9	0:22	1.05	5:36	5:20	2	0:36	9	0:52		
Lap 4	0.35	2:00	5:42	2	0:21	10	0:25	1.40	7:36	5:25	2	0:57	9	1:17		
Lap 5	0.35	1:58	5:37	2	0:17	8	0:21	1.75	9:34	5:28	2	1:14	8	1:38		
Lap 6	0.35	1:54	5:25	2	0:13	8	0:16	2.10	11:28	5:27	2	1:27	8	1:54		
Lap 7	0.35	1:56	5:31	2	0:16	9	0:17	2.45	13:24	5:28	2	1:43	8	2:11		
Lap 8	0.35	1:53	5:22	2	0:11	9	0:12	2.80	15:17	5:27	2	1:54	8	2:23		
Lap 9	0.35	1:55	5:28	2	0:12	9	0:17	3.15	17:12	5:27	2	2:06	8	2:40		
Lap 10	0.35	1:57	5:34	2	0:14	9	0:21	3.50	19:09	5:28	2	2:20	8	3:01		
Lap 11	0.35	1:56	5:31	2	0:11	9	0:23	3.85	21:05	5:28	2	2:31	8	3:24		
Lap 12	0.35	2:02	5:48	2	0:17	9	0:28	4.20	23:07	5:30	2	2:48	8	3:52		
Lap 13	0.35	1:59	5:40	2	0:13	9	0:20	4.55	25:06	5:30	2	3:01	8	4:12		
Lap 14	0.35	1:57	5:34	3	0:12	10	0:20	4.90	27:03	5:31	2	3:13	8	4:32		
Lap 15	0.35	1:49	5:11	2	0:05	7	0:14	5.25	28:52	5:29	2	3:18	8	4:46		