



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

Arnstadt / 31.01.2024

## Detailed evaluation

**Jens Petermann**

Club: SV 09 Arnstadt

Number: 23

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M60 (60-64) H

Total time: 28:53

Speed: 8.31 km/h

Running performance: 5:53 min/km

Laps: 14 (4.9 km)

Rank in course/Men: 11 (of 14)

Rank in category: 3(of 4)

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	1:54	5:25	3	0:18	12	0:18	0.35	1:54	5:25	3	0:18	12	0:18
Lap 2	0.35	1:57	5:34	3	0:16	12	0:27	0.70	3:51	5:30	3	0:34	11	0:41
Lap 3	0.35	2:01	5:45	3	0:18	11	0:27	1.05	5:52	5:35	3	0:52	12	1:08
Lap 4	0.35	2:02	5:48	3	0:23	11	0:27	1.40	7:54	5:38	3	1:15	11	1:35
Lap 5	0.35	2:02	5:48	3	0:21	10	0:25	1.75	9:56	5:40	3	1:36	11	2:00
Lap 6	0.35	2:03	5:51	3	0:22	10	0:25	2.10	11:59	5:42	3	1:58	10	2:25
Lap 7	0.35	2:05	5:57	3	0:25	11	0:26	2.45	14:04	5:44	3	2:23	10	2:51
Lap 8	0.35	2:09	6:08	3	0:27	11	0:28	2.80	16:13	5:47	3	2:50	10	3:19
Lap 9	0.35	2:07	6:02	3	0:24	11	0:29	3.15	18:20	5:49	3	3:14	10	3:48
Lap 10	0.35	2:07	6:02	3	0:24	12	0:31	3.50	20:27	5:50	3	3:38	11	4:19
Lap 11	0.35	2:11	6:14	3	0:26	12	0:38	3.85	22:38	5:52	3	4:04	11	4:57
Lap 12	0.35	2:10	6:11	3	0:25	10	0:36	4.20	24:48	5:54	3	4:29	11	5:33
Lap 13	0.35	2:10	6:11	3	0:24	11	0:31	4.55	26:58	5:55	3	4:53	11	6:04
Lap 14	0.35	1:55	5:28	2	0:10	8	0:18	4.90	28:53	5:53	3	5:03	11	6:22