



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 |