



# 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       |