



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

Arnstadt / 31.01.2024

## Detailed evaluation

Tobias Greifzu

Number: 5

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M35 (35-39) H

Total time: 29:10

Speed: 10.29 km/h

Running performance: 4:54 min/km

Laps: 17 (5.95 km)

Rank in course/Men: 4 (of 14)

Rank in category: 1(of 1)

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	0.35	1:43	4:54	1	-	7	0:07	0.35	1:43	4:54	1	-	7	0:07
Lap 2	0.35	1:42	4:51	1	-	5	0:12	0.70	3:25	4:52	1	-	7	0:15
Lap 3	0.35	1:46	5:02	1	-	5	0:12	1.05	5:11	4:56	1	-	7	0:27
Lap 4	0.35	1:46	5:02	1	-	6	0:11	1.40	6:57	4:57	1	-	6	0:38
Lap 5	0.35	1:44	4:57	1	-	5	0:07	1.75	8:41	4:57	1	-	4	0:45
Lap 6	0.35	1:40	4:45	1	-	2	0:02	2.10	10:21	4:55	1	-	4	0:47
Lap 7	0.35	1:44	4:57	1	-	4	0:05	2.45	12:05	4:55	1	-	4	0:52
Lap 8	0.35	1:46	5:02	1	-	5	0:05	2.80	13:51	4:56	1	-	4	0:57
Lap 9	0.35	1:47	5:05	1	-	5	0:09	3.15	15:38	4:57	1	-	4	1:06
Lap 10	0.35	1:42	4:51	1	-	3	0:06	3.50	17:20	4:57	1	-	4	1:12
Lap 11	0.35	1:46	5:02	1	-	5	0:13	3.85	19:06	4:57	1	-	4	1:25
Lap 12	0.35	1:45	5:00	1	-	3	0:11	4.20	20:51	4:57	1	-	4	1:36
Lap 13	0.35	1:46	5:02	1	-	4	0:07	4.55	22:37	4:58	1	-	4	1:43
Lap 14	0.35	1:44	4:57	1	-	3	0:07	4.90	24:21	4:58	1	-	4	1:50
Lap 15	0.35	1:39	4:42	1	-	2	0:04	5.25	26:00	4:57	1	-	4	1:54
Lap 16	0.35	1:37	4:37	1	-	1	-	5.60	27:37	4:55	1	-	4	1:52
Lap 17	0.35	1:33	4:25	1	-	1	-	5.95	29:10	4:54	1	-	4	1:49