



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

Arnstadt / 31.01.2024

Detailed evaluation

Stefan Röder

Club: RSV Adler Arnstadt e.V.

Number: 22

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M45 (45-49) H

Total time: 28:52

Speed: 12.47 km/h

Running performance: 4:34 min/km

Laps: 18 (6.3 km)

Rank in course/Men: 1 (of 14)

Rank in category: 1(of 2)

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	1:37	4:37	1	-	2	0:01	0.35	1:37	4:37	1	-	2	0:01
Lap 2	0.35	1:33	4:25	1	-	2	0:03	0.70	3:10	4:31	1	-	1	-
Lap 3	0.35	1:34	4:28	1	-	1	-	1.05	4:44	4:30	1	-	1	-
Lap 4	0.35	1:35	4:31	1	-	1	-	1.40	6:19	4:30	1	-	1	-
Lap 5	0.35	1:37	4:37	1	-	1	-	1.75	7:56	4:31	1	-	1	-
Lap 6	0.35	1:38	4:40	1	-	1	-	2.10	9:34	4:33	1	-	1	-
Lap 7	0.35	1:39	4:42	1	-	1	-	2.45	11:13	4:34	1	-	1	-
Lap 8	0.35	1:41	4:48	1	-	1	-	2.80	12:54	4:36	1	-	1	-
Lap 9	0.35	1:38	4:40	1	-	1	-	3.15	14:32	4:36	1	-	1	-
Lap 10	0.35	1:36	4:34	1	-	1	-	3.50	16:08	4:36	1	-	1	-
Lap 11	0.35	1:33	4:25	1	-	1	-	3.85	17:41	4:35	1	-	1	-
Lap 12	0.35	1:34	4:28	1	-	1	-	4.20	19:15	4:35	1	-	1	-
Lap 13	0.35	1:39	4:42	1	-	1	-	4.55	20:54	4:35	1	-	1	-
Lap 14	0.35	1:37	4:37	1	-	1	-	4.90	22:31	4:35	1	-	1	-
Lap 15	0.35	1:35	4:31	1	-	1	-	5.25	24:06	4:35	1	-	1	-
Lap 16	0.35	1:39	4:42	1	-	2	0:02	5.60	25:45	4:35	1	-	1	-
Lap 17	0.35	1:36	4:34	1	-	2	0:03	5.95	27:21	4:35	1	-	1	-
Lap 18	0.35	1:31	4:19	1	-	1	-	6.30	28:52	4:34	1	-	1	-