



1. SPORTident Winter-Stundenlaufserie mit Musik (2. Lauf)

Arnstadt / 21.02.2024

Detailed evaluation

Henrik Stutzig

Number: 21

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M45 (45-49) H

Total time: 29:51

Speed: 14.07 km/h

Running performance: 4:15 min/km

Laps: 20 (7 km)

Rank in course/Men: 1 (of 20)

Rank in category: 1(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	1:28	4:11	2	0:08	4	0:08	0.35	1:28	4:11	2	0:08	4	0:08	
Lap 2	0.35	1:27	4:08	2	0:04	2	0:04	0.70	2:55	4:10	2	0:12	2	0:12	
Lap 3	0.35	1:29	4:14	2	0:03	2	0:03	1.05	4:24	4:11	2	0:15	2	0:15	
Lap 4	0.35	1:28	4:11	2	0:01	2	0:01	1.40	5:52	4:11	2	0:16	2	0:16	
Lap 5	0.35	1:29	4:14	2	0:01	2	0:01	1.75	7:21	4:12	2	0:17	2	0:17	
Lap 6	0.35	1:30	4:17	1	-	1	-	2.10	8:51	4:12	2	0:17	2	0:17	
Lap 7	0.35	1:29	4:14	1	-	1	-	2.45	10:20	4:13	2	0:16	2	0:16	
Lap 8	0.35	1:29	4:14	1	-	1	-	2.80	11:49	4:13	2	0:12	2	0:12	
Lap 9	0.35	1:30	4:17	1	-	1	-	3.15	13:19	4:13	2	0:09	2	0:09	
Lap 10	0.35	1:28	4:11	1	-	1	-	3.50	14:47	4:13	2	0:05	2	0:05	
Lap 11	0.35	1:30	4:17	1	-	1	-	3.85	16:17	4:13	2	0:03	2	0:03	
Lap 12	0.35	1:29	4:14	1	-	1	-	4.20	17:46	4:13	1	-	1	-	
Lap 13	0.35	1:30	4:17	1	-	1	-	4.55	19:16	4:14	1	-	1	-	
Lap 14	0.35	1:32	4:22	1	-	1	-	4.90	20:48	4:14	1	-	1	-	
Lap 15	0.35	1:30	4:17	1	-	1	-	5.25	22:18	4:14	1	-	1	-	
Lap 16	0.35	1:32	4:22	1	-	1	-	5.60	23:50	4:15	1	-	1	-	
Lap 17	0.35	1:30	4:17	1	-	1	-	5.95	25:20	4:15	1	-	1	-	
Lap 18	0.35	1:32	4:22	1	-	2	0:05	6.30	26:52	4:15	1	-	1	-	
Lap 19	0.35	1:30	4:17	1	-	1	-	6.65	28:22	4:15	1	-	1	-	
Lap 20	0.35	1:29	4:14	1	-	1	-	7.00	29:51	4:15	1	-	1	-	