



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

Arnstadt / 21.02.2024

Detailed evaluation

Lars Krüger

Club: Rennsteiglaufverein

Number: 12

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M50 (50-54) H

Total time: 29:56

Speed: 10.02 km/h

Running performance: 5:42 min/km

Laps: 15 (5.25 km)

Rank in course/Men: 14 (of 20)

Rank in category: 3(of 3)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	0.35	1:52	5:20	3	0:21	15	0:32	0.35	1:52	5:20	3	0:21	15	0:32	
Lap 2	0.35	1:54	5:25	3	0:14	15	0:31	0.70	3:46	5:22	3	0:35	16	1:03	
Lap 3	0.35	1:59	5:40	3	0:15	16	0:33	1.05	5:45	5:28	3	0:50	16	1:36	
Lap 4	0.35	2:04	5:54	3	0:19	16	0:37	1.40	7:49	5:35	3	1:09	16	2:13	
Lap 5	0.35	2:00	5:42	3	0:17	15	0:32	1.75	9:49	5:36	3	1:26	16	2:45	
Lap 6	0.35	2:01	5:45	3	0:18	15	0:31	2.10	11:50	5:38	3	1:44	15	3:16	
Lap 7	0.35	2:02	5:48	3	0:16	15	0:33	2.45	13:52	5:39	3	2:00	14	3:48	
Lap 8	0.35	2:01	5:45	3	0:14	15	0:32	2.80	15:53	5:40	3	2:14	14	4:16	
Lap 9	0.35	2:01	5:45	2	0:13	14	0:31	3.15	17:54	5:40	3	2:27	14	4:44	
Lap 10	0.35	2:02	5:48	3	0:12	14	0:34	3.50	19:56	5:41	3	2:39	14	5:14	
Lap 11	0.35	2:03	5:51	3	0:14	15	0:33	3.85	21:59	5:42	3	2:53	14	5:45	
Lap 12	0.35	2:03	5:51	3	0:11	14	0:34	4.20	24:02	5:43	3	3:04	14	6:16	
Lap 13	0.35	2:00	5:42	2	0:10	14	0:30	4.55	26:02	5:43	3	3:14	14	6:46	
Lap 14	0.35	2:00	5:42	3	0:07	16	0:28	4.90	28:02	5:43	3	3:21	14	7:14	
Lap 15	0.35	1:54	5:25	2	0:01	13	0:24	5.25	29:56	5:42	3	3:22	14	7:38	