



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

Arnstadt / 21.02.2024

Detailed evaluation

Nils Rutkowski

Club: RSV Blau-Weiß 1983 Meiningen

Number: 19

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M60 (60-64) H

Total time: 28:23

Speed: 12.68 km/h

Running performance: 4:30 min/km

Laps: 18 (6.3 km)

Rank in course/Men: 3 (of 20)

Rank in category: 1(of 4)

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Pos | Behind | Total | | Pos | Behind | Pos | Behind | | |
|---------|-------|--------|------|--------|-----|--------|-------|------|-------|--------|-----|--------|------|------|
| | km | Time | | | | | km | Time | | | | | Cat. | Cat. |
| Lap 1 | 0.35 | 1:26 | 4:05 | 1 | - | 2 | 0:06 | 0.35 | 1:26 | 4:05 | 1 | - | 2 | 0:06 |
| Lap 2 | 0.35 | 1:33 | 4:25 | 1 | - | 3 | 0:10 | 0.70 | 2:59 | 4:15 | 1 | - | 3 | 0:16 |
| Lap 3 | 0.35 | 1:38 | 4:40 | 1 | - | 3 | 0:12 | 1.05 | 4:37 | 4:23 | 1 | - | 3 | 0:28 |
| Lap 4 | 0.35 | 1:40 | 4:45 | 1 | - | 4 | 0:13 | 1.40 | 6:17 | 4:29 | 1 | - | 3 | 0:41 |
| Lap 5 | 0.35 | 1:40 | 4:45 | 1 | - | 6 | 0:12 | 1.75 | 7:57 | 4:32 | 1 | - | 3 | 0:53 |
| Lap 6 | 0.35 | 1:41 | 4:48 | 1 | - | 5 | 0:11 | 2.10 | 9:38 | 4:35 | 1 | - | 3 | 1:04 |
| Lap 7 | 0.35 | 1:42 | 4:51 | 1 | - | 3 | 0:13 | 2.45 | 11:20 | 4:37 | 1 | - | 3 | 1:16 |
| Lap 8 | 0.35 | 1:40 | 4:45 | 1 | - | 4 | 0:11 | 2.80 | 13:00 | 4:38 | 1 | - | 3 | 1:23 |
| Lap 9 | 0.35 | 1:41 | 4:48 | 1 | - | 4 | 0:11 | 3.15 | 14:41 | 4:39 | 1 | - | 3 | 1:31 |
| Lap 10 | 0.35 | 1:42 | 4:51 | 1 | - | 3 | 0:14 | 3.50 | 16:23 | 4:40 | 1 | - | 3 | 1:41 |
| Lap 11 | 0.35 | 1:43 | 4:54 | 1 | - | 5 | 0:13 | 3.85 | 18:06 | 4:42 | 1 | - | 3 | 1:52 |
| Lap 12 | 0.35 | 1:44 | 4:57 | 1 | - | 4 | 0:15 | 4.20 | 19:50 | 4:43 | 1 | - | 3 | 2:04 |
| Lap 13 | 0.35 | 1:43 | 4:54 | 1 | - | 5 | 0:13 | 4.55 | 21:33 | 4:44 | 1 | - | 3 | 2:17 |
| Lap 14 | 0.35 | 1:46 | 5:02 | 1 | - | 7 | 0:14 | 4.90 | 23:19 | 4:45 | 1 | - | 4 | 2:31 |
| Lap 15 | 0.35 | 1:43 | 4:54 | 1 | - | 5 | 0:13 | 5.25 | 25:02 | 4:46 | 1 | - | 4 | 2:44 |
| Lap 16 | 0.35 | 1:42 | 4:51 | 1 | - | 4 | 0:10 | 5.60 | 26:44 | 4:46 | 1 | - | 4 | 2:54 |
| Lap 17 | 0.35 | 1:39 | 4:42 | 1 | - | 3 | 0:09 | 5.95 | 28:23 | 4:46 | 1 | - | 4 | 3:03 |
| Lap 18 | 0.35 | fehlt! | - | - | - | - | - | 6.30 | - | - | 1 | - | 3 | - |