



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 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	1:26	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	-