



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

Arnstadt / 21.02.2024

## Detailed evaluation

Norbert Wenzlaff

Number: 25

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M60 (60-64) H

Total time: 29:59

Speed: 10.01 km/h

Running performance: 5:21 min/km

Laps: 16 (5.6 km)

Rank in course/Men: 11 (of 20)

Rank in category: 2(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	1:43	4:54	2	0:17	12	0:23	0.35	1:43	4:54	2	0:17	12	0:23
Lap 2	0.35	1:45	5:00	2	0:12	12	0:22	0.70	3:28	4:57	2	0:29	11	0:45
Lap 3	0.35	1:51	5:17	2	0:13	13	0:25	1.05	5:19	5:03	2	0:42	13	1:10
Lap 4	0.35	1:53	5:22	2	0:13	13	0:26	1.40	7:12	5:08	2	0:55	12	1:36
Lap 5	0.35	1:51	5:17	2	0:11	12	0:23	1.75	9:03	5:10	2	1:06	12	1:59
Lap 6	0.35	1:53	5:22	2	0:12	12	0:23	2.10	10:56	5:12	2	1:18	12	2:22
Lap 7	0.35	1:52	5:20	2	0:10	11	0:23	2.45	12:48	5:13	2	1:28	12	2:44
Lap 8	0.35	1:54	5:25	2	0:14	12	0:25	2.80	14:42	5:15	2	1:42	13	3:05
Lap 9	0.35	1:52	5:20	2	0:11	10	0:22	3.15	16:34	5:15	2	1:53	11	3:24
Lap 10	0.35	1:57	5:34	2	0:15	11	0:29	3.50	18:31	5:17	2	2:08	11	3:49
Lap 11	0.35	1:56	5:31	3	0:13	13	0:26	3.85	20:27	5:18	2	2:21	11	4:13
Lap 12	0.35	1:58	5:37	3	0:14	12	0:29	4.20	22:25	5:20	2	2:35	11	4:39
Lap 13	0.35	1:56	5:31	3	0:13	12	0:26	4.55	24:21	5:21	2	2:48	11	5:05
Lap 14	0.35	2:01	5:45	3	0:15	17	0:29	4.90	26:22	5:22	2	3:03	11	5:34
Lap 15	0.35	1:52	5:20	2	0:09	10	0:22	5.25	28:14	5:22	2	3:12	11	5:56
Lap 16	0.35	1:45	5:00	2	0:03	6	0:13	5.60	29:59	5:21	2	3:15	11	6:09