



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

Arnstadt / 21.02.2024

Detailed evaluation

Vuong Binh Nguyen

Club: SPORTident

Number: 91

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Männer (20-29 Jahre) H

Total time: 30:00

Speed: 6.00 km/h

Running performance: 7:47 min/km

Laps: 11 (3.85 km)

Rank in course/Men: 20 (of 20)

Rank in category: 1(of 1)

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	2:07	6:02	1	-	18	0:47	0.35	2:07	6:02	1	-	18	0:47
Lap 2	0.35	2:10	6:11	1	-	18	0:47	0.70	4:17	6:07	1	-	18	1:34
Lap 3	0.35	2:16	6:28	1	-	18	0:50	1.05	6:33	6:14	1	-	17	2:24
Lap 4	0.35	2:11	6:14	1	-	17	0:44	1.40	8:44	6:14	1	-	17	3:08
Lap 5	0.35	2:42	7:42	1	-	20	1:14	1.75	11:26	6:31	1	-	19	4:22
Lap 6	0.35	2:27	7:00	1	-	18	0:57	2.10	13:53	6:36	1	-	19	5:19
Lap 7	0.35	2:38	7:31	1	-	20	1:09	2.45	16:31	6:44	1	-	19	6:27
Lap 8	0.35	6:01	17:11	1	-	20	4:32	2.80	22:32	8:02	1	-	20	10:55
Lap 9	0.35	3:19	9:28	1	-	19	1:49	3.15	25:51	8:12	1	-	20	12:41
Lap 10	0.35	2:30	7:08	1	-	19	1:02	3.50	28:21	8:05	1	-	20	13:39
Lap 11	0.35	1:39	4:42	1	-	3	0:09	3.85	30:00	7:47	1	-	20	13:46