



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

Arnstadt / 21.02.2024

Detailed evaluation

Tobias Greifzu

Total time: 29:36

Number: 6

Speed: 12.16 km/h

Course: 0.35 km/Lap

Running performance: 4:41 min/km

Halbstundenlauf

Laps: 18 (6.3 km)

Category:

Rank in course/Men: 4 (of 20)

Senioren M35 (35-39) H

Rank in category: 1(of 2)

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	1:37	4:37	2	0:03	10	0:17	0.35	1:37	4:37	2	0:03	10	0:17
Lap 2	0.35	1:39	4:42	2	0:01	6	0:16	0.70	3:16	4:40	2	0:04	9	0:33
Lap 3	0.35	1:39	4:42	2	0:01	5	0:13	1.05	4:55	4:40	2	0:05	7	0:46
Lap 4	0.35	1:39	4:42	1	-	3	0:12	1.40	6:34	4:41	2	0:03	6	0:58
Lap 5	0.35	1:38	4:40	2	0:05	4	0:10	1.75	8:12	4:41	2	0:08	5	1:08
Lap 6	0.35	1:38	4:40	1	-	3	0:08	2.10	9:50	4:40	2	0:05	5	1:16
Lap 7	0.35	1:43	4:54	2	0:01	5	0:14	2.45	11:33	4:42	2	0:06	5	1:29
Lap 8	0.35	1:39	4:42	1	-	3	0:10	2.80	13:12	4:42	2	0:04	5	1:35
Lap 9	0.35	1:40	4:45	1	-	3	0:10	3.15	14:52	4:43	2	0:02	5	1:42
Lap 10	0.35	1:43	4:54	1	-	4	0:15	3.50	16:35	4:44	2	0:02	5	1:53
Lap 11	0.35	1:39	4:42	1	-	3	0:09	3.85	18:14	4:44	1	-	4	2:00
Lap 12	0.35	1:39	4:42	1	-	3	0:10	4.20	19:53	4:44	1	-	4	2:07
Lap 13	0.35	1:42	4:51	1	-	4	0:12	4.55	21:35	4:44	1	-	4	2:19
Lap 14	0.35	1:39	4:42	1	-	3	0:07	4.90	23:14	4:44	1	-	3	2:26
Lap 15	0.35	1:37	4:37	1	-	3	0:07	5.25	24:51	4:44	1	-	3	2:33
Lap 16	0.35	1:38	4:40	1	-	3	0:06	5.60	26:29	4:43	1	-	3	2:39
Lap 17	0.35	1:40	4:45	1	-	4	0:10	5.95	28:09	4:43	1	-	3	2:49
Lap 18	0.35	1:27	4:08	1	-	1	-	6.30	29:36	4:41	1	-	4	2:44