



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

Arnstadt / 21.02.2024

Detailed evaluation

Thomas Krüger

Club: N3 Sportverein

Number: 108

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M35 (35-39) H

Total time: 28:38

Speed: 10.48 km/h

Running performance: 4:48 min/km

Laps: 17 (5.95 km)

Rank in course/Men: 5 (of 20)

Rank in category: 2(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	1:34	4:28	1	-	7	0:14	0.35	1:34	4:28	1	-	7	0:14
Lap 2	0.35	1:38	4:40	1	-	5	0:15	0.70	3:12	4:34	1	-	6	0:29
Lap 3	0.35	1:38	4:40	1	-	3	0:12	1.05	4:50	4:36	1	-	4	0:41
Lap 4	0.35	1:41	4:48	2	0:02	5	0:14	1.40	6:31	4:39	1	-	4	0:55
Lap 5	0.35	1:33	4:25	1	-	3	0:05	1.75	8:04	4:36	1	-	4	1:00
Lap 6	0.35	1:41	4:48	2	0:03	5	0:11	2.10	9:45	4:38	1	-	4	1:11
Lap 7	0.35	1:42	4:51	1	-	3	0:13	2.45	11:27	4:40	1	-	4	1:23
Lap 8	0.35	1:41	4:48	2	0:02	5	0:12	2.80	13:08	4:41	1	-	4	1:31
Lap 9	0.35	1:42	4:51	2	0:02	5	0:12	3.15	14:50	4:42	1	-	4	1:40
Lap 10	0.35	1:43	4:54	1	-	4	0:15	3.50	16:33	4:43	1	-	4	1:51
Lap 11	0.35	1:43	4:54	2	0:04	5	0:13	3.85	18:16	4:44	2	0:02	5	2:02
Lap 12	0.35	1:44	4:57	2	0:05	4	0:15	4.20	20:00	4:45	2	0:07	5	2:14
Lap 13	0.35	1:44	4:57	2	0:02	6	0:14	4.55	21:44	4:46	2	0:09	5	2:28
Lap 14	0.35	1:45	5:00	2	0:06	6	0:13	4.90	23:29	4:47	2	0:15	5	2:41
Lap 15	0.35	1:42	4:51	2	0:05	4	0:12	5.25	25:11	4:47	2	0:20	5	2:53
Lap 16	0.35	1:44	4:57	2	0:06	5	0:12	5.60	26:55	4:48	2	0:26	5	3:05
Lap 17	0.35	1:43	4:54	2	0:03	5	0:13	5.95	28:38	4:48	2	0:29	5	3:18