



# 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)

| Control | Intermediate times |            |              |          |             |         |            | Stage score |            |              |          | Total ranking |         |            |  |
|---------|--------------------|------------|--------------|----------|-------------|---------|------------|-------------|------------|--------------|----------|---------------|---------|------------|--|
|         | 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       |  |