



1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

Detailed evaluation

Thomas Krüger

Club: N3 Sportverein

Number: 12

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M35 (35-39) H

Total time: 29:02

Speed: 8.27 km/h

Running performance: 5:55 min/km

Laps: 14 (4.9 km)

Rank in course/Men: 17 (of 23)

Rank in category: 3(of 3)

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	2:01	5:45	2	0:32	18	0:37	0.35	2:01	5:45	2	0:32	18	0:37
Lap 2	0.35	2:05	5:57	3	0:32	20	0:41	0.70	4:06	5:51	3	1:04	19	1:18
Lap 3	0.35	2:06	6:00	3	0:31	17	0:41	1.05	6:12	5:54	3	1:35	19	1:59
Lap 4	0.35	2:13	6:20	3	0:38	19	0:46	1.40	8:25	6:00	3	2:13	19	2:45
Lap 5	0.35	2:13	6:20	3	0:39	18	0:46	1.75	10:38	6:04	3	2:52	19	3:31
Lap 6	0.35	1:17	3:40	1	-	1	-	2.10	11:55	5:40	3	2:30	17	3:21
Lap 7	0.35	1:30	4:17	1	-	2	0:02	2.45	13:25	5:28	3	2:25	14	3:23
Lap 8	0.35	1:45	5:00	2	0:09	5	0:15	2.80	15:10	5:25	3	2:34	14	3:38
Lap 9	0.35	2:24	6:51	3	0:44	20	0:56	3.15	17:34	5:34	3	3:18	14	4:34
Lap 10	0.35	2:16	6:28	3	0:31	17	0:46	3.50	19:50	5:39	3	3:49	15	5:20
Lap 11	0.35	2:22	6:45	3	0:46	18	0:52	3.85	22:12	5:45	3	4:35	16	6:12
Lap 12	0.35	2:19	6:37	3	0:40	18	0:48	4.20	24:31	5:50	3	5:15	16	7:00
Lap 13	0.35	2:17	6:31	3	0:36	19	0:46	4.55	26:48	5:53	3	5:51	17	7:46
Lap 14	0.35	2:14	6:22	3	0:33	17	0:42	4.90	29:02	5:55	3	6:24	17	8:28