



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

Arnstadt / 20.03.2024

Detailed evaluation

Henrik Stutzig

Total time: 29:38

Number: 25

Speed: 14.17 km/h

Course: 0.35 km/Lap

Running performance: 4:14 min/km

Halbstundenlauf

Laps: 20 (7 km)

Category:

Rank in course/Men: 1 (of 23)

Senioren M45 (45-49) H

Rank in category: 1(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 | 1:24 | 4:00 | 1 | - | 1 | - | 0.35 | 1:24 | 4:00 | 1 | - | 1 | - | |
| Lap 2 | 0.35 | 1:24 | 4:00 | 1 | - | 1 | - | 0.70 | 2:48 | 4:00 | 1 | - | 1 | - | |
| Lap 3 | 0.35 | 1:25 | 4:02 | 1 | - | 1 | - | 1.05 | 4:13 | 4:00 | 1 | - | 1 | - | |
| Lap 4 | 0.35 | 1:27 | 4:08 | 1 | - | 1 | - | 1.40 | 5:40 | 4:02 | 1 | - | 1 | - | |
| Lap 5 | 0.35 | 1:27 | 4:08 | 1 | - | 1 | - | 1.75 | 7:07 | 4:03 | 1 | - | 1 | - | |
| Lap 6 | 0.35 | 1:27 | 4:08 | 1 | - | 2 | 0:10 | 2.10 | 8:34 | 4:04 | 1 | - | 1 | - | |
| Lap 7 | 0.35 | 1:28 | 4:11 | 1 | - | 1 | - | 2.45 | 10:02 | 4:05 | 1 | - | 1 | - | |
| Lap 8 | 0.35 | 1:30 | 4:17 | 1 | - | 1 | - | 2.80 | 11:32 | 4:07 | 1 | - | 1 | - | |
| Lap 9 | 0.35 | 1:28 | 4:11 | 1 | - | 1 | - | 3.15 | 13:00 | 4:07 | 1 | - | 1 | - | |
| Lap 10 | 0.35 | 1:30 | 4:17 | 1 | - | 1 | - | 3.50 | 14:30 | 4:08 | 1 | - | 1 | - | |
| Lap 11 | 0.35 | 1:30 | 4:17 | 1 | - | 1 | - | 3.85 | 16:00 | 4:09 | 1 | - | 1 | - | |
| Lap 12 | 0.35 | 1:31 | 4:19 | 1 | - | 1 | - | 4.20 | 17:31 | 4:10 | 1 | - | 1 | - | |
| Lap 13 | 0.35 | 1:31 | 4:19 | 1 | - | 1 | - | 4.55 | 19:02 | 4:10 | 1 | - | 1 | - | |
| Lap 14 | 0.35 | 1:32 | 4:22 | 1 | - | 1 | - | 4.90 | 20:34 | 4:11 | 1 | - | 1 | - | |
| Lap 15 | 0.35 | 1:31 | 4:19 | 1 | - | 1 | - | 5.25 | 22:05 | 4:12 | 1 | - | 1 | - | |
| Lap 16 | 0.35 | 1:32 | 4:22 | 1 | - | 1 | - | 5.60 | 23:37 | 4:13 | 1 | - | 1 | - | |
| Lap 17 | 0.35 | 1:30 | 4:17 | 1 | - | 1 | - | 5.95 | 25:07 | 4:13 | 1 | - | 1 | - | |
| Lap 18 | 0.35 | 1:31 | 4:19 | 1 | - | 1 | - | 6.30 | 26:38 | 4:13 | 1 | - | 1 | - | |
| Lap 19 | 0.35 | 1:32 | 4:22 | 1 | - | 1 | - | 6.65 | 28:10 | 4:14 | 1 | - | 1 | - | |
| Lap 20 | 0.35 | 1:28 | 4:11 | 1 | - | 1 | - | 7.00 | 29:38 | 4:14 | 1 | - | 1 | - | |