



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

Arnstadt / 20.03.2024

Detailed evaluation

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Number: 25

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M45 (45-49) H

Total time: 29:38

Speed: 14.17 km/h

Running performance: 4:14 min/km

Laps: 20 (7 km)

Rank in course/Men: 1 (of 23)

Rank in category: 1(of 3)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time				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	-