



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

Arnstadt / 20.03.2024

Detailed evaluation

Marco Zimmermann

Total time: 28:57

Number: 101

Speed: 10.88 km/h

Course: 0.35 km/Lap

Running performance: 5:30 min/km

Halbstundenlauf

Laps: 15 (5.25 km)

Category:

Rank in course/Men: 13 (of 23)

Senioren M45 (45-49) H

Rank in category: 3(of 3)

Intermediate times

Stage score

Total ranking

Control	Split		Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
	km	Time				Pos Men	Behind Men							
Lap 1	0.35	1:36	4:34	3	0:12	10	0:12	0.35	1:36	4:34	3	0:12	10	0:12
Lap 2	0.35	1:41	4:48	2	0:17	9	0:17	0.70	3:17	4:41	2	0:29	9	0:29
Lap 3	0.35	1:46	5:02	2	0:21	11	0:21	1.05	5:03	4:48	2	0:50	10	0:50
Lap 4	0.35	1:48	5:08	2	0:21	10	0:21	1.40	6:51	4:53	2	1:11	10	1:11
Lap 5	0.35	1:50	5:14	3	0:23	12	0:23	1.75	8:41	4:57	2	1:34	11	1:34
Lap 6	0.35	1:53	5:22	2	0:26	14	0:36	2.10	10:34	5:01	2	2:00	11	2:00
Lap 7	0.35	1:58	5:37	3	0:30	15	0:30	2.45	12:32	5:06	3	2:30	11	2:30
Lap 8	0.35	2:19	6:37	3	0:49	18	0:49	2.80	14:51	5:18	3	3:19	12	3:19
Lap 9	0.35	2:00	5:42	3	0:32	14	0:32	3.15	16:51	5:20	3	3:51	13	3:51
Lap 10	0.35	2:05	5:57	3	0:35	16	0:35	3.50	18:56	5:24	3	4:26	13	4:26
Lap 11	0.35	2:09	6:08	3	0:39	16	0:39	3.85	21:05	5:28	3	5:05	13	5:05
Lap 12	0.35	2:05	5:57	3	0:34	15	0:34	4.20	23:10	5:30	3	5:39	13	5:39
Lap 13	0.35	2:02	5:48	3	0:31	16	0:31	4.55	25:12	5:32	3	6:10	13	6:10
Lap 14	0.35	1:56	5:31	2	0:24	12	0:24	4.90	27:08	5:32	3	6:34	13	6:34
Lap 15	0.35	1:49	5:11	2	0:18	5	0:18	5.25	28:57	5:30	3	6:52	13	6:52