



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

Arnstadt / 20.03.2024

Detailed evaluation

Niels Prasser

Club: SG Motor Arnstadt

Number: 20

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M50 (50-54) H

Total time: 29:15

Speed: 10.26 km/h

Running performance: 5:13 min/km

Laps: 16 (5.6 km)

Rank in course/Men: 6 (of 23)

Rank in category: 2(of 4)

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	1:48	5:08	4	0:19	13	0:24	0.35	1:48	5:08	4	0:19	13	0:24
Lap 2	0.35	1:42	4:51	3	0:10	10	0:18	0.70	3:30	5:00	3	0:26	12	0:42
Lap 3	0.35	1:40	4:45	3	0:06	8	0:15	1.05	5:10	4:55	3	0:28	11	0:57
Lap 4	0.35	1:45	5:00	3	0:07	7	0:18	1.40	6:55	4:56	3	0:35	11	1:15
Lap 5	0.35	1:43	4:54	2	0:02	6	0:16	1.75	8:38	4:55	3	0:37	10	1:31
Lap 6	0.35	1:48	5:08	2	0:06	7	0:31	2.10	10:26	4:58	3	0:43	10	1:52
Lap 7	0.35	1:51	5:17	2	0:07	9	0:23	2.45	12:17	5:00	2	0:50	9	2:15
Lap 8	0.35	1:51	5:17	2	0:04	8	0:21	2.80	14:08	5:02	2	0:54	9	2:36
Lap 9	0.35	1:51	5:17	2	0:04	7	0:23	3.15	15:59	5:04	2	0:58	7	2:59
Lap 10	0.35	1:54	5:25	2	0:07	8	0:24	3.50	17:53	5:06	2	1:05	8	3:23
Lap 11	0.35	1:57	5:34	2	0:10	10	0:27	3.85	19:50	5:09	2	1:15	8	3:50
Lap 12	0.35	1:53	5:22	2	0:05	6	0:22	4.20	21:43	5:10	2	1:20	7	4:12
Lap 13	0.35	1:56	5:31	2	0:04	9	0:25	4.55	23:39	5:11	2	1:24	7	4:37
Lap 14	0.35	1:52	5:20	2	0:02	6	0:20	4.90	25:31	5:12	2	1:26	6	4:57
Lap 15	0.35	1:52	5:20	2	0:01	7	0:21	5.25	27:23	5:12	2	1:25	6	5:18
Lap 16	0.35	1:52	5:20	2	0:02	8	0:20	5.60	29:15	5:13	2	1:27	6	5:38