



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

Arnstadt / 20.03.2024

Detailed evaluation

Michael Schröder

Club: Flutschfinger k.e.V.

Number: 23

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M50 (50-54) H

Total time: 10:04

Speed: 11.92 km/h

Running performance: 4:47 min/km

Laps: 6 (2.1 km)

Rank in course/Men: 23 (of 23)

Rank in category: 4(of 4)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	0.35	1:29	4:14	1	-	4	0:05	0.35	1:29	4:14	1	-	4	0:05
Lap 2	0.35	1:35	4:31	2	0:03	7	0:11	0.70	3:04	4:22	1	-	5	0:16
Lap 3	0.35	1:39	4:42	2	0:05	7	0:14	1.05	4:43	4:29	2	0:01	6	0:30
Lap 4	0.35	1:42	4:51	2	0:04	6	0:15	1.40	6:25	4:35	2	0:05	6	0:45
Lap 5	0.35	1:47	5:05	3	0:06	9	0:20	1.75	8:12	4:41	2	0:11	6	1:05
Lap 6	0.35	1:52	5:20	3	0:10	11	0:35	2.10	10:04	4:47	2	0:21	6	1:30