



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

Arnstadt / 20.03.2024

Detailed evaluation

Nils Rutkowski

Total time: 29:31

Club: TEAM PRACHTREGION (RSV Blau Weiß Meiningen) Speed: 12.20 km/h

Number: 21

Running performance: 4:41 min/km

Course: 0.35 km/Lap

Laps: 18 (6.3 km)

Halbstundenlauf

Rank in course/Men: 4 (of 23)

Category:

Rank in category: 1(of 5)

Senioren M60 (60-64) H

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	1:28	4:11	1	-	3	0:04	0.35	1:28	4:11	1	-	3	0:04	
Lap 2	0.35	1:33	4:25	1	-	4	0:09	0.70	3:01	4:18	1	-	3	0:13	
Lap 3	0.35	1:37	4:37	1	-	5	0:12	1.05	4:38	4:24	1	-	4	0:25	
Lap 4	0.35	1:37	4:37	1	-	4	0:10	1.40	6:15	4:27	1	-	4	0:35	
Lap 5	0.35	1:39	4:42	1	-	4	0:12	1.75	7:54	4:30	1	-	4	0:47	
Lap 6	0.35	1:39	4:42	1	-	4	0:22	2.10	9:33	4:32	1	-	4	0:59	
Lap 7	0.35	1:38	4:40	1	-	4	0:10	2.45	11:11	4:33	1	-	4	1:09	
Lap 8	0.35	1:39	4:42	1	-	4	0:09	2.80	12:50	4:35	1	-	4	1:18	
Lap 9	0.35	1:40	4:45	1	-	3	0:12	3.15	14:30	4:36	1	-	4	1:30	
Lap 10	0.35	1:41	4:48	1	-	3	0:11	3.50	16:11	4:37	1	-	4	1:41	
Lap 11	0.35	1:42	4:51	1	-	3	0:12	3.85	17:53	4:38	1	-	4	1:53	
Lap 12	0.35	1:39	4:42	1	-	2	0:08	4.20	19:32	4:39	1	-	4	2:01	
Lap 13	0.35	1:41	4:48	1	-	2	0:10	4.55	21:13	4:39	1	-	4	2:11	
Lap 14	0.35	1:41	4:48	1	-	2	0:09	4.90	22:54	4:40	1	-	4	2:20	
Lap 15	0.35	1:41	4:48	1	-	3	0:10	5.25	24:35	4:40	1	-	4	2:30	
Lap 16	0.35	1:41	4:48	1	-	5	0:09	5.60	26:16	4:41	1	-	4	2:39	
Lap 17	0.35	1:41	4:48	1	-	3	0:11	5.95	27:57	4:41	1	-	4	2:50	
Lap 18	0.35	1:34	4:28	1	-	3	0:03	6.30	29:31	4:41	1	-	4	2:53	