



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

Arnstadt / 20.03.2024

Detailed evaluation

Norbert Wenzlaff

Club: Arnstadt

Number: 29

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M60 (60-64) H

Total time: 29:31

Speed: 10.16 km/h

Running performance: 5:16 min/km

Laps: 16 (5.6 km)

Rank in course/Men: 9 (of 23)

Rank in category: 2(of 5)

Control	Intermediate times							Stage score				Total ranking			
	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	1:35	4:31	2	0:07	8	0:11	0.35	1:35	4:31	2	0:07	8	0:11	
Lap 2	0.35	1:39	4:42	2	0:06	8	0:15	0.70	3:14	4:37	2	0:13	8	0:26	
Lap 3	0.35	1:43	4:54	2	0:06	9	0:18	1.05	4:57	4:42	2	0:19	8	0:44	
Lap 4	0.35	1:48	5:08	2	0:11	10	0:21	1.40	6:45	4:49	2	0:30	8	1:05	
Lap 5	0.35	1:47	5:05	2	0:08	9	0:20	1.75	8:32	4:52	2	0:38	8	1:25	
Lap 6	0.35	1:50	5:14	2	0:11	10	0:33	2.10	10:22	4:56	2	0:49	8	1:48	
Lap 7	0.35	1:51	5:17	2	0:13	9	0:23	2.45	12:13	4:59	2	1:02	7	2:11	
Lap 8	0.35	1:54	5:25	3	0:15	11	0:24	2.80	14:07	5:02	2	1:17	8	2:35	
Lap 9	0.35	1:53	5:22	2	0:13	9	0:25	3.15	16:00	5:04	2	1:30	8	3:00	
Lap 10	0.35	1:52	5:20	2	0:11	6	0:22	3.50	17:52	5:06	2	1:41	6	3:22	
Lap 11	0.35	1:56	5:31	3	0:14	8	0:26	3.85	19:48	5:08	2	1:55	7	3:48	
Lap 12	0.35	1:58	5:37	3	0:19	10	0:27	4.20	21:46	5:10	2	2:14	8	4:15	
Lap 13	0.35	1:58	5:37	4	0:17	13	0:27	4.55	23:44	5:12	2	2:31	8	4:42	
Lap 14	0.35	1:55	5:28	3	0:14	8	0:23	4.90	25:39	5:14	2	2:45	8	5:05	
Lap 15	0.35	1:53	5:22	2	0:12	8	0:22	5.25	27:32	5:14	2	2:57	8	5:27	
Lap 16	0.35	1:59	5:40	2	0:18	10	0:27	5.60	29:31	5:16	2	3:15	9	5:54	