



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

Arnstadt / 20.03.2024

Detailed evaluation

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Club: Arnstadt

Number: 3

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M60 (60-64) H

Total time: 28:07

Speed: 10.67 km/h

Running performance: 5:21 min/km

Laps: 15 (5.25 km)

Rank in course/Men: 11 (of 23)

Rank in category: 3(of 5)

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	3	0:20	13	0:24	0.35	1:48	5:08	3	0:20	13	0:24
Lap 2	0.35	1:44	4:57	3	0:11	12	0:20	0.70	3:32	5:02	3	0:31	13	0:44
Lap 3	0.35	1:49	5:11	3	0:12	12	0:24	1.05	5:21	5:05	3	0:43	13	1:08
Lap 4	0.35	1:51	5:17	3	0:14	14	0:24	1.40	7:12	5:08	3	0:57	13	1:32
Lap 5	0.35	1:52	5:20	3	0:13	14	0:25	1.75	9:04	5:10	3	1:10	13	1:57
Lap 6	0.35	1:52	5:20	3	0:13	11	0:35	2.10	10:56	5:12	3	1:23	13	2:22
Lap 7	0.35	1:54	5:25	3	0:16	13	0:26	2.45	12:50	5:14	3	1:39	12	2:48
Lap 8	0.35	1:52	5:20	2	0:13	10	0:22	2.80	14:42	5:15	3	1:52	11	3:10
Lap 9	0.35	1:53	5:22	2	0:13	9	0:25	3.15	16:35	5:15	3	2:05	11	3:35
Lap 10	0.35	1:57	5:34	3	0:16	11	0:27	3.50	18:32	5:17	3	2:21	11	4:02
Lap 11	0.35	1:53	5:22	2	0:11	6	0:23	3.85	20:25	5:18	3	2:32	11	4:25
Lap 12	0.35	1:55	5:28	2	0:16	8	0:24	4.20	22:20	5:19	3	2:48	11	4:49
Lap 13	0.35	1:56	5:31	2	0:15	9	0:25	4.55	24:16	5:19	3	3:03	11	5:14
Lap 14	0.35	1:54	5:25	2	0:13	7	0:22	4.90	26:10	5:20	3	3:16	10	5:36
Lap 15	0.35	1:57	5:34	3	0:16	13	0:26	5.25	28:07	5:21	3	3:32	10	6:02