



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

Arnstadt / 20.03.2024

## Detailed evaluation

**Uwe Henning**

Club: SG Einheit Arnstadt e.V.

Number: 8

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M60 (60-64) H

Total time: 28:37

Speed: 6.29 km/h

Running performance: 7:25 min/km

Laps: 11 (3.85 km)

Rank in course/Men: 21 (of 23)

Rank in category: 5(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	2:19	6:37	5	0:51	22	0:55	0.35	2:19	6:37	5	0:51	22	0:55
Lap 2	0.35	2:20	6:40	5	0:47	22	0:56	0.70	4:39	6:38	5	1:38	22	1:51
Lap 3	0.35	2:24	6:51	5	0:47	22	0:59	1.05	7:03	6:42	5	2:25	22	2:50
Lap 4	0.35	2:33	7:17	5	0:56	23	1:06	1.40	9:36	6:51	5	3:21	22	3:56
Lap 5	0.35	2:38	7:31	5	0:59	22	1:11	1.75	12:14	6:59	5	4:20	22	5:07
Lap 6	0.35	2:45	7:51	5	1:06	22	1:28	2.10	14:59	7:08	5	5:26	22	6:25
Lap 7	0.35	2:41	7:40	5	1:03	21	1:13	2.45	17:40	7:12	5	6:29	21	7:38
Lap 8	0.35	2:41	7:40	5	1:02	21	1:11	2.80	20:21	7:16	5	7:31	21	8:49
Lap 9	0.35	3:02	8:39	5	1:22	22	1:34	3.15	23:23	7:25	5	8:53	21	10:23
Lap 10	0.35	2:33	7:17	5	0:52	21	1:03	3.50	25:56	7:24	5	9:45	21	11:26
Lap 11	0.35	2:41	7:40	5	0:59	21	1:11	3.85	28:37	7:25	5	10:44	21	12:37