



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

Arnstadt / 20.03.2024

Detailed evaluation

Gerhard Dehmel

Club: THWV Ilmenau

Number: 100

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M80 (80+) H

Total time: 29:55

Speed: 8.02 km/h

Running performance: 6:34 min/km

Laps: 13 (4.55 km)

Rank in course/Men: 20 (of 23)

Rank in category: 1(of 1)

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	2:06	6:00	1	-	20	0:42	0.35	2:06	6:00	1	-	20	0:42
Lap 2	0.35	2:06	6:00	1	-	21	0:42	0.70	4:12	6:00	1	-	21	1:24
Lap 3	0.35	2:10	6:11	1	-	21	0:45	1.05	6:22	6:03	1	-	21	2:09
Lap 4	0.35	2:14	6:22	1	-	21	0:47	1.40	8:36	6:08	1	-	21	2:56
Lap 5	0.35	2:18	6:34	1	-	21	0:51	1.75	10:54	6:13	1	-	21	3:47
Lap 6	0.35	2:20	6:40	1	-	21	1:03	2.10	13:14	6:18	1	-	21	4:40
Lap 7	0.35	2:20	6:40	1	-	18	0:52	2.45	15:34	6:21	1	-	20	5:32
Lap 8	0.35	2:19	6:37	1	-	18	0:49	2.80	17:53	6:23	1	-	20	6:21
Lap 9	0.35	2:25	6:54	1	-	21	0:57	3.15	20:18	6:26	1	-	20	7:18
Lap 10	0.35	2:27	7:00	1	-	20	0:57	3.50	22:45	6:30	1	-	20	8:15
Lap 11	0.35	2:27	7:00	1	-	19	0:57	3.85	25:12	6:32	1	-	20	9:12
Lap 12	0.35	2:26	6:57	1	-	19	0:55	4.20	27:38	6:34	1	-	20	10:07
Lap 13	0.35	2:17	6:31	1	-	19	0:46	4.55	29:55	6:34	1	-	20	10:53