



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

Arnstadt / 20.03.2024

Detailed evaluation

Vuong Binh Nguyen

Club: SPORTident GmbH

Number: 17

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Männer (20-29 Jahre) H

Total time: 28:38

Speed: 7.33 km/h

Running performance: 8:10 min/km

Laps: 10 (3.5 km)

Rank in course/Men: 22 (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	2:25	6:54	1	-	23	1:01	0.35	2:25	6:54	1	-	23	1:01
Lap 2	0.35	2:30	7:08	1	-	23	1:06	0.70	4:55	7:01	1	-	23	2:07
Lap 3	0.35	2:25	6:54	1	-	23	1:00	1.05	7:20	6:59	1	-	23	3:07
Lap 4	0.35	2:22	6:45	1	-	22	0:55	1.40	9:42	6:55	1	-	23	4:02
Lap 5	0.35	3:38	10:22	1	-	23	2:11	1.75	13:20	7:37	1	-	23	6:13
Lap 6	0.35	3:50	10:57	1	-	23	2:33	2.10	17:10	8:10	1	-	23	8:36
Lap 7	0.35	3:22	9:37	1	-	22	1:54	2.45	20:32	8:22	1	-	22	10:30
Lap 8	0.35	3:23	9:40	1	-	22	1:53	2.80	23:55	8:32	1	-	22	12:23
Lap 9	0.35	1:36	4:34	1	-	2	0:08	3.15	25:31	8:06	1	-	22	12:31
Lap 10	0.35	3:07	8:54	1	-	22	1:37	3.50	28:38	8:10	1	-	22	14:08