



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

Arnstadt / 20.03.2024

## Detailed evaluation

**Thomas Krüger**

Club: N3 Sportverein

Number: 56

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M35 (35-39)

Total time: 59:30

Speed: 11.29 km/h

Running performance: 5:18 min/km

Laps: 32 (11.2 km)

Rank in course/Men: 22 (of 36)

Rank in category: 4(of 7)

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	4	0:31	24	0:43	0.35	1:48	5:08	4	0:31	24	0:43	
Lap 2	0.35	1:46	5:02	4	0:25	22	0:33	0.70	3:34	5:05	4	0:56	24	1:16	
Lap 3	0.35	1:48	5:08	5	0:23	23	0:31	1.05	5:22	5:06	4	1:19	24	1:47	
Lap 4	0.35	1:48	5:08	5	0:24	22	0:31	1.40	7:10	5:07	5	1:43	25	2:18	
Lap 5	0.35	1:50	5:14	5	0:26	24	0:32	1.75	9:00	5:08	5	2:09	25	2:50	
Lap 6	0.35	1:49	5:11	5	0:25	24	0:30	2.10	10:49	5:09	5	2:34	25	3:20	
Lap 7	0.35	1:54	5:25	5	0:29	26	0:34	2.45	12:43	5:11	5	3:03	25	3:54	
Lap 8	0.35	1:52	5:20	4	0:29	25	0:32	2.80	14:35	5:12	5	3:32	25	4:26	
Lap 9	0.35	1:55	5:28	5	0:27	26	0:35	3.15	16:30	5:14	5	3:59	25	5:01	
Lap 10	0.35	1:57	5:34	5	0:32	27	0:37	3.50	18:27	5:16	5	4:31	25	5:38	
Lap 11	0.35	1:55	5:28	4	0:30	25	0:35	3.85	20:22	5:17	5	5:01	25	6:13	
Lap 12	0.35	1:57	5:34	4	0:32	25	0:39	4.20	22:19	5:18	5	5:33	25	6:52	
Lap 13	0.35	1:53	5:22	4	0:28	23	0:33	4.55	24:12	5:19	5	6:01	25	7:25	
Lap 14	0.35	1:54	5:25	4	0:29	24	0:35	4.90	26:06	5:19	4	6:30	24	8:00	
Lap 15	0.35	1:51	5:17	4	0:26	22	0:30	5.25	27:57	5:19	4	6:56	24	8:30	
Lap 16	0.35	1:52	5:20	4	0:29	23	0:32	5.60	29:49	5:19	4	7:25	24	9:02	
Lap 17	0.35	1:49	5:11	4	0:24	22	0:28	5.95	31:38	5:18	4	7:49	24	9:30	
Lap 18	0.35	1:52	5:20	4	0:20	23	0:33	6.30	33:30	5:19	4	8:07	24	10:03	
Lap 19	0.35	1:52	5:20	4	0:21	22	0:31	6.65	35:22	5:19	4	8:26	24	10:34	
Lap 20	0.35	1:56	5:31	4	0:29	23	0:36	7.00	37:18	5:19	4	8:55	23	11:10	
Lap 21	0.35	1:55	5:28	4	0:27	23	0:34	7.35	39:13	5:20	4	9:22	23	11:44	
Lap 22	0.35	1:52	5:20	4	0:21	21	0:31	7.70	41:05	5:20	4	9:43	23	12:15	
Lap 23	0.35	1:52	5:20	4	0:24	21	0:30	8.05	42:57	5:20	4	10:07	23	12:45	
Lap 24	0.35	1:54	5:25	4	0:24	20	0:32	8.40	44:51	5:20	4	10:31	23	13:17	
Lap 25	0.35	1:52	5:20	4	0:23	21	0:30	8.75	46:43	5:20	4	10:54	23	13:47	
Lap 26	0.35	1:52	5:20	4	0:23	21	0:31	9.10	48:35	5:20	4	11:17	23	14:18	
Lap 27	0.35	1:53	5:22	4	0:24	21	0:30	9.45	50:28	5:20	4	11:41	23	14:48	
Lap 28	0.35	1:53	5:22	5	0:25	23	0:29	9.80	52:21	5:20	4	12:06	23	15:17	
Lap 29	0.35	1:51	5:17	5	0:23	22	0:29	10.15	54:12	5:20	4	12:29	23	15:46	
Lap 30	0.35	1:50	5:14	6	0:22	25	0:28	10.50	56:02	5:20	4	12:51	23	16:14	



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Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 31	0.35	1:45	5:00	4	0:16	16	0:23	10.85	57:47	5:19	4	13:07	22	16:37
Lap 32	0.35	1:43	4:54	4	0:12	15	0:22	11.20	59:30	5:18	4	13:19	22	16:59