



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

Arnstadt / 20.03.2024

Detailed evaluation

Tim König

Club: Arnstädter Handball Club e. V.

Number: 9

Course: 0.35 km/Lap

Halbstundenlauf

Category:

männliche Jugend U18 (16/17) H

Total time: 29:26

Speed: 10.19 km/h

Running performance: 5:15 min/km

Laps: 16 (5.6 km)

Rank in course/Men: 8 (of 23)

Rank in category: 1(of 1)

Control	Intermediate times							Stage score				Total ranking			
	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	1:33	4:25	1	-	6	0:09	0.35	1:33	4:25	1	-	6	0:09	
Lap 2	0.35	1:33	4:25	1	-	4	0:09	0.70	3:06	4:25	1	-	6	0:18	
Lap 3	0.35	1:38	4:40	1	-	6	0:13	1.05	4:44	4:30	1	-	7	0:31	
Lap 4	0.35	1:45	5:00	1	-	7	0:18	1.40	6:29	4:37	1	-	7	0:49	
Lap 5	0.35	1:50	5:14	1	-	12	0:23	1.75	8:19	4:45	1	-	7	1:12	
Lap 6	0.35	1:52	5:20	1	-	11	0:35	2.10	10:11	4:50	1	-	7	1:37	
Lap 7	0.35	1:47	5:05	1	-	8	0:19	2.45	11:58	4:53	1	-	6	1:56	
Lap 8	0.35	2:00	5:42	1	-	13	0:30	2.80	13:58	4:59	1	-	6	2:26	
Lap 9	0.35	2:02	5:48	1	-	16	0:34	3.15	16:00	5:04	1	-	8	3:00	
Lap 10	0.35	2:00	5:42	1	-	14	0:30	3.50	18:00	5:08	1	-	9	3:30	
Lap 11	0.35	2:08	6:05	1	-	15	0:38	3.85	20:08	5:13	1	-	9	4:08	
Lap 12	0.35	1:54	5:25	1	-	7	0:23	4.20	22:02	5:14	1	-	9	4:31	
Lap 13	0.35	1:55	5:28	1	-	8	0:24	4.55	23:57	5:15	1	-	9	4:55	
Lap 14	0.35	1:56	5:31	1	-	12	0:24	4.90	25:53	5:16	1	-	9	5:19	
Lap 15	0.35	1:53	5:22	1	-	8	0:22	5.25	27:46	5:17	1	-	9	5:41	
Lap 16	0.35	1:40	4:45	1	-	4	0:08	5.60	29:26	5:15	1	-	8	5:49	