



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

Arnstadt / 20.03.2024

Detailed evaluation

Tobias Greifzu

Number: 4

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M35 (35-39) H

Total time: 29:01

Speed: 13.03 km/h

Running performance: 4:36 min/km

Laps: 18 (6.3 km)

Rank in course/Men: 2 (of 23)

Rank in category: 1(of 3)

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	1:29	4:14	1	-	4	0:05	0.35	1:29	4:14	1	-	4	0:05	
Lap 2	0.35	1:33	4:25	1	-	4	0:09	0.70	3:02	4:19	1	-	4	0:14	
Lap 3	0.35	1:35	4:31	1	-	3	0:10	1.05	4:37	4:23	1	-	3	0:24	
Lap 4	0.35	1:35	4:31	1	-	2	0:08	1.40	6:12	4:25	1	-	3	0:32	
Lap 5	0.35	1:34	4:28	1	-	2	0:07	1.75	7:46	4:26	1	-	3	0:39	
Lap 6	0.35	1:39	4:42	2	0:22	4	0:22	2.10	9:25	4:29	1	-	3	0:51	
Lap 7	0.35	1:35	4:31	2	0:05	3	0:07	2.45	11:00	4:29	1	-	3	0:58	
Lap 8	0.35	1:36	4:34	1	-	2	0:06	2.80	12:36	4:30	1	-	3	1:04	
Lap 9	0.35	1:40	4:45	1	-	3	0:12	3.15	14:16	4:31	1	-	3	1:16	
Lap 10	0.35	1:45	5:00	1	-	4	0:15	3.50	16:01	4:34	1	-	3	1:31	
Lap 11	0.35	1:36	4:34	1	-	2	0:06	3.85	17:37	4:34	1	-	3	1:37	
Lap 12	0.35	1:39	4:42	1	-	2	0:08	4.20	19:16	4:35	1	-	3	1:45	
Lap 13	0.35	1:41	4:48	1	-	2	0:10	4.55	20:57	4:36	1	-	3	1:55	
Lap 14	0.35	1:41	4:48	1	-	2	0:09	4.90	22:38	4:37	1	-	2	2:04	
Lap 15	0.35	1:38	4:40	1	-	2	0:07	5.25	24:16	4:37	1	-	2	2:11	
Lap 16	0.35	1:37	4:37	2	0:02	3	0:05	5.60	25:53	4:37	1	-	2	2:16	
Lap 17	0.35	1:35	4:31	1	-	2	0:05	5.95	27:28	4:36	1	-	2	2:21	
Lap 18	0.35	1:33	4:25	1	-	2	0:02	6.30	29:01	4:36	1	-	2	2:23	