



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

Arnstadt / 15.01.2025

Detailed evaluation

Norbert Wenzlaff

Number: 48

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M60 (60-64) H

Total time: 27:40

Speed: 8.67 km/h

Running performance: 5:38 min/km

Laps: 10 (4.9 km)

Rank in course/Men: 22 (of 38)

Rank in category: 2(of 5)

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	0.49	2:47	5:40	2	0:33	25	0:40	0.49	2:47	5:40	2	0:33	25	0:40
Lap 2	0.49	2:43	5:32	2	0:20	27	0:37	0.98	5:30	5:36	2	0:53	25	1:17
Lap 3	0.49	2:44	5:34	2	0:19	27	0:38	1.47	8:14	5:36	2	1:12	27	1:55
Lap 4	0.49	2:48	5:42	2	0:24	26	0:38	1.96	11:02	5:37	2	1:36	27	2:30
Lap 5	0.49	2:51	5:48	3	0:24	25	0:48	2.45	13:53	5:39	2	2:00	26	3:18
Lap 6	0.49	2:47	5:40	2	0:18	21	0:41	2.94	16:40	5:40	2	2:18	26	3:59
Lap 7	0.49	2:47	5:40	2	0:16	22	0:42	3.43	19:27	5:40	2	2:34	26	4:41
Lap 8	0.49	2:46	5:38	2	0:14	18	0:39	3.92	22:13	5:40	2	2:48	23	5:19
Lap 9	0.49	2:43	5:32	2	0:10	18	0:36	4.41	24:56	5:39	2	2:58	23	5:52
Lap 10	0.49	2:44	5:34	2	0:09	20	0:43	4.90	27:40	5:38	2	3:07	22	6:35