



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

Arnstadt / 31.01.2024

Detailed evaluation

Jonas Stratz

Club: KV Liedolsheim

Number: 11

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Männer (20-29 Jahre) H

Total time: 29:40

Speed: 10.11 km/h

Running performance: 5:39 min/km

Laps: 15 (5.25 km)

Rank in course/Men: 9 (of 14)

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	1:41	4:48	1	-	4	0:05	0.35	1:41	4:48	1	-	4	0:05
Lap 2	0.35	1:30	4:17	1	-	1	-	0.70	3:11	4:32	1	-	2	0:01
Lap 3	0.35	1:34	4:28	1	-	1	-	1.05	4:45	4:31	1	-	2	0:01
Lap 4	0.35	1:35	4:31	1	-	1	-	1.40	6:20	4:31	1	-	2	0:01
Lap 5	0.35	3:22	9:37	1	-	14	1:45	1.75	9:42	5:32	1	-	9	1:46
Lap 6	0.35	3:32	10:05	1	-	14	1:54	2.10	13:14	6:18	1	-	13	3:40
Lap 7	0.35	1:46	5:02	1	-	6	0:07	2.45	15:00	6:07	1	-	13	3:47
Lap 8	0.35	1:52	5:20	1	-	8	0:11	2.80	16:52	6:01	1	-	13	3:58
Lap 9	0.35	1:49	5:11	1	-	6	0:11	3.15	18:41	5:55	1	-	12	4:09
Lap 10	0.35	1:51	5:17	1	-	7	0:15	3.50	20:32	5:52	1	-	12	4:24
Lap 11	0.35	1:54	5:25	1	-	8	0:21	3.85	22:26	5:49	1	-	10	4:45
Lap 12	0.35	1:50	5:14	1	-	7	0:16	4.20	24:16	5:46	1	-	10	5:01
Lap 13	0.35	1:49	5:11	1	-	7	0:10	4.55	26:05	5:43	1	-	9	5:11
Lap 14	0.35	1:49	5:11	1	-	7	0:12	4.90	27:54	5:41	1	-	9	5:23
Lap 15	0.35	1:46	5:02	1	-	6	0:11	5.25	29:40	5:39	1	-	9	5:34