



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

Arnstadt / 21.02.2024

Detailed evaluation

Stephan Mund

Number: 14

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M40 (40-44) H

Total time: 28:55

Speed: 11.62 km/h

Running performance: 5:09 min/km

Laps: 16 (5.6 km)

Rank in course/Men: 9 (of 20)

Rank in category: 2(of 2)

| 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 | 1:29 | 4:14 | 1 | - | 5 | 0:09 | 0.35 | 1:29 | 4:14 | 1 | - | 5 | 0:09 | |
| Lap 2 | 0.35 | 1:40 | 4:45 | 2 | 0:03 | 7 | 0:17 | 0.70 | 3:09 | 4:30 | 1 | - | 4 | 0:26 | |
| Lap 3 | 0.35 | 1:45 | 5:00 | 2 | 0:06 | 10 | 0:19 | 1.05 | 4:54 | 4:40 | 2 | 0:03 | 6 | 0:45 | |
| Lap 4 | 0.35 | 1:47 | 5:05 | 2 | 0:05 | 9 | 0:20 | 1.40 | 6:41 | 4:46 | 2 | 0:08 | 8 | 1:05 | |
| Lap 5 | 0.35 | 1:48 | 5:08 | 2 | 0:02 | 10 | 0:20 | 1.75 | 8:29 | 4:50 | 2 | 0:10 | 8 | 1:25 | |
| Lap 6 | 0.35 | 1:48 | 5:08 | 2 | 0:05 | 10 | 0:18 | 2.10 | 10:17 | 4:53 | 2 | 0:15 | 9 | 1:43 | |
| Lap 7 | 0.35 | 1:52 | 5:20 | 2 | 0:07 | 11 | 0:23 | 2.45 | 12:09 | 4:57 | 2 | 0:22 | 9 | 2:05 | |
| Lap 8 | 0.35 | 1:53 | 5:22 | 2 | 0:09 | 10 | 0:24 | 2.80 | 14:02 | 5:00 | 2 | 0:31 | 9 | 2:25 | |
| Lap 9 | 0.35 | 1:52 | 5:20 | 2 | 0:08 | 10 | 0:22 | 3.15 | 15:54 | 5:02 | 2 | 0:39 | 9 | 2:44 | |
| Lap 10 | 0.35 | 1:53 | 5:22 | 2 | 0:06 | 9 | 0:25 | 3.50 | 17:47 | 5:04 | 2 | 0:45 | 9 | 3:05 | |
| Lap 11 | 0.35 | 1:53 | 5:22 | 2 | 0:07 | 11 | 0:23 | 3.85 | 19:40 | 5:06 | 2 | 0:52 | 9 | 3:26 | |
| Lap 12 | 0.35 | 1:48 | 5:08 | 2 | 0:04 | 8 | 0:19 | 4.20 | 21:28 | 5:06 | 2 | 0:56 | 9 | 3:42 | |
| Lap 13 | 0.35 | 1:49 | 5:11 | 2 | 0:05 | 8 | 0:19 | 4.55 | 23:17 | 5:07 | 2 | 1:01 | 9 | 4:01 | |
| Lap 14 | 0.35 | 1:52 | 5:20 | 2 | 0:08 | 11 | 0:20 | 4.90 | 25:09 | 5:07 | 2 | 1:09 | 9 | 4:21 | |
| Lap 15 | 0.35 | 1:53 | 5:22 | 2 | 0:09 | 11 | 0:23 | 5.25 | 27:02 | 5:08 | 2 | 1:18 | 9 | 4:44 | |
| Lap 16 | 0.35 | 1:53 | 5:22 | 2 | 0:06 | 10 | 0:21 | 5.60 | 28:55 | 5:09 | 2 | 1:24 | 9 | 5:05 | |