



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

Arnstadt / 21.02.2024

Detailed evaluation

Christian Stonek

Club: Liberales Laufteam

Number: 20

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M45 (45-49) H

Total time: 29:01

Speed: 11.58 km/h

Running performance: 5:10 min/km

Laps: 16 (5.6 km)

Rank in course/Men: 10 (of 20)

Rank in category: 4(of 4)

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	1:45	5:00	3	0:25	13	0:25	0.35	1:45	5:00	3	0:25	13	0:25
Lap 2	0.35	1:44	4:57	4	0:21	10	0:21	0.70	3:29	4:58	3	0:46	12	0:46
Lap 3	0.35	1:45	5:00	4	0:19	10	0:19	1.05	5:14	4:59	3	1:05	11	1:05
Lap 4	0.35	1:48	5:08	4	0:21	10	0:21	1.40	7:02	5:01	4	1:26	11	1:26
Lap 5	0.35	1:44	4:57	4	0:16	8	0:16	1.75	8:46	5:00	4	1:42	10	1:42
Lap 6	0.35	1:44	4:57	4	0:14	9	0:14	2.10	10:30	5:00	4	1:56	10	1:56
Lap 7	0.35	1:51	5:17	4	0:22	9	0:22	2.45	12:21	5:02	4	2:17	10	2:17
Lap 8	0.35	1:49	5:11	4	0:20	9	0:20	2.80	14:10	5:03	4	2:33	10	2:33
Lap 9	0.35	1:48	5:08	4	0:18	8	0:18	3.15	15:58	5:04	4	2:48	10	2:48
Lap 10	0.35	1:53	5:22	4	0:25	9	0:25	3.50	17:51	5:06	4	3:09	10	3:09
Lap 11	0.35	1:50	5:14	3	0:20	9	0:20	3.85	19:41	5:06	4	3:27	10	3:27
Lap 12	0.35	1:53	5:22	4	0:24	10	0:24	4.20	21:34	5:08	4	3:48	10	3:48
Lap 13	0.35	1:54	5:25	4	0:24	10	0:24	4.55	23:28	5:09	4	4:12	10	4:12
Lap 14	0.35	1:50	5:14	4	0:18	8	0:18	4.90	25:18	5:09	4	4:30	10	4:30
Lap 15	0.35	1:51	5:17	3	0:21	8	0:21	5.25	27:09	5:10	4	4:51	10	4:51
Lap 16	0.35	1:52	5:20	4	0:20	9	0:20	5.60	29:01	5:10	4	5:11	10	5:11