



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

Arnstadt / 21.02.2024

Detailed evaluation

Mario Heinrich

Club: Osthäuser SV

Number: 9

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M50 (50-54) H

Total time: 28:27

Speed: 10.54 km/h

Running performance: 5:04 min/km

Laps: 16 (5.6 km)

Rank in course/Men: 8 (of 20)

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 | 1:31 | 4:19 | 1 | - | 6 | 0:11 | 0.35 | 1:31 | 4:19 | 1 | - | 6 | 0:11 |
| Lap 2 | 0.35 | 1:40 | 4:45 | 1 | - | 7 | 0:17 | 0.70 | 3:11 | 4:32 | 1 | - | 5 | 0:28 |
| Lap 3 | 0.35 | 1:44 | 4:57 | 1 | - | 8 | 0:18 | 1.05 | 4:55 | 4:40 | 1 | - | 7 | 0:46 |
| Lap 4 | 0.35 | 1:45 | 5:00 | 1 | - | 8 | 0:18 | 1.40 | 6:40 | 4:45 | 1 | - | 7 | 1:04 |
| Lap 5 | 0.35 | 1:43 | 4:54 | 1 | - | 7 | 0:15 | 1.75 | 8:23 | 4:47 | 1 | - | 7 | 1:19 |
| Lap 6 | 0.35 | 1:43 | 4:54 | 1 | - | 7 | 0:13 | 2.10 | 10:06 | 4:48 | 1 | - | 7 | 1:32 |
| Lap 7 | 0.35 | 1:46 | 5:02 | 1 | - | 8 | 0:17 | 2.45 | 11:52 | 4:50 | 1 | - | 7 | 1:48 |
| Lap 8 | 0.35 | 1:47 | 5:05 | 1 | - | 8 | 0:18 | 2.80 | 13:39 | 4:52 | 1 | - | 7 | 2:02 |
| Lap 9 | 0.35 | 1:48 | 5:08 | 1 | - | 8 | 0:18 | 3.15 | 15:27 | 4:54 | 1 | - | 7 | 2:17 |
| Lap 10 | 0.35 | 1:50 | 5:14 | 1 | - | 7 | 0:22 | 3.50 | 17:17 | 4:56 | 1 | - | 7 | 2:35 |
| Lap 11 | 0.35 | 1:49 | 5:11 | 1 | - | 8 | 0:19 | 3.85 | 19:06 | 4:57 | 1 | - | 7 | 2:52 |
| Lap 12 | 0.35 | 1:52 | 5:20 | 1 | - | 9 | 0:23 | 4.20 | 20:58 | 4:59 | 1 | - | 7 | 3:12 |
| Lap 13 | 0.35 | 1:50 | 5:14 | 1 | - | 9 | 0:20 | 4.55 | 22:48 | 5:00 | 1 | - | 8 | 3:32 |
| Lap 14 | 0.35 | 1:53 | 5:22 | 1 | - | 12 | 0:21 | 4.90 | 24:41 | 5:02 | 1 | - | 8 | 3:53 |
| Lap 15 | 0.35 | 1:53 | 5:22 | 1 | - | 11 | 0:23 | 5.25 | 26:34 | 5:03 | 1 | - | 8 | 4:16 |
| Lap 16 | 0.35 | 1:53 | 5:22 | 1 | - | 10 | 0:21 | 5.60 | 28:27 | 5:04 | 1 | - | 8 | 4:37 |