



# 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