



1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

Detailed evaluation

Stephan Mund

Number: 14

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M40 (40-44) H

Total time: 29:19

Speed: 10.23 km/h

Running performance: 5:14 min/km

Laps: 16 (5.6 km)

Rank in course/Men: 7 (of 23)

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	1:35	4:31	2	0:10	8	0:11	0.35	1:35	4:31	2	0:10	8	0:11	
Lap 2	0.35	1:43	4:54	2	0:12	11	0:19	0.70	3:18	4:42	2	0:22	10	0:30	
Lap 3	0.35	1:44	4:57	2	0:09	10	0:19	1.05	5:02	4:47	2	0:31	9	0:49	
Lap 4	0.35	1:47	5:05	2	0:12	9	0:20	1.40	6:49	4:52	2	0:43	9	1:09	
Lap 5	0.35	1:47	5:05	2	0:12	9	0:20	1.75	8:36	4:54	2	0:55	9	1:29	
Lap 6	0.35	1:49	5:11	2	0:12	8	0:32	2.10	10:25	4:57	2	1:07	9	1:51	
Lap 7	0.35	1:51	5:17	2	0:13	9	0:23	2.45	12:16	5:00	2	1:20	8	2:14	
Lap 8	0.35	1:50	5:14	2	0:12	7	0:20	2.80	14:06	5:02	2	1:32	7	2:34	
Lap 9	0.35	1:51	5:17	2	0:11	7	0:23	3.15	15:57	5:03	2	1:43	6	2:57	
Lap 10	0.35	1:55	5:28	2	0:16	10	0:25	3.50	17:52	5:06	2	1:59	6	3:22	
Lap 11	0.35	1:54	5:25	2	0:12	7	0:24	3.85	19:46	5:08	2	2:11	6	3:46	
Lap 12	0.35	1:55	5:28	2	0:15	8	0:24	4.20	21:41	5:09	2	2:26	6	4:10	
Lap 13	0.35	1:56	5:31	2	0:15	9	0:25	4.55	23:37	5:11	2	2:41	6	4:35	
Lap 14	0.35	1:55	5:28	2	0:13	8	0:23	4.90	25:32	5:12	2	2:54	7	4:58	
Lap 15	0.35	1:54	5:25	2	0:10	11	0:23	5.25	27:26	5:13	2	3:04	7	5:21	
Lap 16	0.35	1:53	5:22	2	0:11	9	0:21	5.60	29:19	5:14	2	3:15	7	5:42	