



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

Arnstadt / 20.03.2024

Detailed evaluation

Christian Stonek

Club: Liberales Laufteam

Number: 24

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M45 (45-49) H

Total time: 28:15

Speed: 11.15 km/h

Running performance: 5:22 min/km

Laps: 15 (5.25 km)

Rank in course/Men: 12 (of 23)

Rank in category: 2(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	1:34	4:28	2	0:10	7	0:10	0.35	1:34	4:28	2	0:10	7	0:10
Lap 2	0.35	1:46	5:02	3	0:22	13	0:22	0.70	3:20	4:45	3	0:32	11	0:32
Lap 3	0.35	1:51	5:17	3	0:26	14	0:26	1.05	5:11	4:56	3	0:58	12	0:58
Lap 4	0.35	1:50	5:14	3	0:23	13	0:23	1.40	7:01	5:00	3	1:21	12	1:21
Lap 5	0.35	1:43	4:54	2	0:16	6	0:16	1.75	8:44	4:59	3	1:37	12	1:37
Lap 6	0.35	1:54	5:25	3	0:27	15	0:37	2.10	10:38	5:03	3	2:04	12	2:04
Lap 7	0.35	1:53	5:22	2	0:25	12	0:25	2.45	12:31	5:06	2	2:29	10	2:29
Lap 8	0.35	1:54	5:25	2	0:24	11	0:24	2.80	14:25	5:08	2	2:53	10	2:53
Lap 9	0.35	1:55	5:28	2	0:27	11	0:27	3.15	16:20	5:11	2	3:20	10	3:20
Lap 10	0.35	1:54	5:25	2	0:24	8	0:24	3.50	18:14	5:12	2	3:44	10	3:44
Lap 11	0.35	1:56	5:31	2	0:26	8	0:26	3.85	20:10	5:14	2	4:10	10	4:10
Lap 12	0.35	2:03	5:51	2	0:32	13	0:32	4.20	22:13	5:17	2	4:42	10	4:42
Lap 13	0.35	2:01	5:45	2	0:30	14	0:30	4.55	24:14	5:19	2	5:12	10	5:12
Lap 14	0.35	2:00	5:42	3	0:28	15	0:28	4.90	26:14	5:21	2	5:40	11	5:40
Lap 15	0.35	2:01	5:45	3	0:30	15	0:30	5.25	28:15	5:22	2	6:10	11	6:10