



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

Arnstadt / 20.03.2024

Detailed evaluation

Mario Heinrich

Club: Osthäuser SV

Number: 5

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M50 (50-54) H

Total time: 29:39

Speed: 10.12 km/h

Running performance: 4:58 min/km

Laps: 17 (5.95 km)

Rank in course/Men: 5 (of 23)

Rank in category: 1(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	1:36	4:34	2	0:07	10	0:12	0.35	1:36	4:34	2	0:07	10	0:12	
Lap 2	0.35	1:32	4:22	1	-	3	0:08	0.70	3:08	4:28	2	0:04	7	0:20	
Lap 3	0.35	1:34	4:28	1	-	2	0:09	1.05	4:42	4:28	1	-	5	0:29	
Lap 4	0.35	1:38	4:40	1	-	5	0:11	1.40	6:20	4:31	1	-	5	0:40	
Lap 5	0.35	1:41	4:48	1	-	5	0:14	1.75	8:01	4:34	1	-	5	0:54	
Lap 6	0.35	1:42	4:51	1	-	6	0:25	2.10	9:43	4:37	1	-	5	1:09	
Lap 7	0.35	1:44	4:57	1	-	6	0:16	2.45	11:27	4:40	1	-	5	1:25	
Lap 8	0.35	1:47	5:05	1	-	6	0:17	2.80	13:14	4:43	1	-	5	1:42	
Lap 9	0.35	1:47	5:05	1	-	6	0:19	3.15	15:01	4:46	1	-	5	2:01	
Lap 10	0.35	1:47	5:05	1	-	5	0:17	3.50	16:48	4:47	1	-	5	2:18	
Lap 11	0.35	1:47	5:05	1	-	5	0:17	3.85	18:35	4:49	1	-	5	2:35	
Lap 12	0.35	1:48	5:08	1	-	5	0:17	4.20	20:23	4:51	1	-	5	2:52	
Lap 13	0.35	1:52	5:20	1	-	5	0:21	4.55	22:15	4:53	1	-	5	3:13	
Lap 14	0.35	1:50	5:14	1	-	5	0:18	4.90	24:05	4:54	1	-	5	3:31	
Lap 15	0.35	1:53	5:22	3	0:02	8	0:22	5.25	25:58	4:56	1	-	5	3:53	
Lap 16	0.35	1:50	5:14	1	-	7	0:18	5.60	27:48	4:57	1	-	5	4:11	
Lap 17	0.35	1:51	5:17	1	-	5	0:21	5.95	29:39	4:58	1	-	5	4:32	