



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

Arnstadt / 15.01.2025

Detailed evaluation

Andreas Fleck

Club: Flutschfinger k.e.V.

Number: 6

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M35 (35-39) H

Total time: 29:07

Speed: 10.30 km/h

Running performance: 4:57 min/km

Laps: 12 (5.88 km)

Rank in course/Men: 9 (of 38)

Rank in category: 1(of 2)

| 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 | 0.49 | 2:29 | 5:04 | 1 | - | 19 | 0:22 | 0.49 | 2:29 | 5:04 | 1 | - | 19 | 0:22 |
| Lap 2 | 0.49 | 2:19 | 4:43 | 1 | - | 11 | 0:13 | 0.98 | 4:48 | 4:53 | 1 | - | 17 | 0:35 |
| Lap 3 | 0.49 | 2:20 | 4:45 | 1 | - | 8 | 0:14 | 1.47 | 7:08 | 4:51 | 1 | - | 15 | 0:49 |
| Lap 4 | 0.49 | 2:24 | 4:53 | 1 | - | 9 | 0:14 | 1.96 | 9:32 | 4:51 | 1 | - | 15 | 1:00 |
| Lap 5 | 0.49 | 2:22 | 4:49 | 1 | - | 6 | 0:19 | 2.45 | 11:54 | 4:51 | 1 | - | 13 | 1:19 |
| Lap 6 | 0.49 | 2:23 | 4:51 | 1 | - | 6 | 0:17 | 2.94 | 14:17 | 4:51 | 1 | - | 9 | 1:36 |
| Lap 7 | 0.49 | 2:26 | 4:57 | 1 | - | 8 | 0:21 | 3.43 | 16:43 | 4:52 | 1 | - | 9 | 1:57 |
| Lap 8 | 0.49 | 2:30 | 5:06 | 1 | - | 11 | 0:23 | 3.92 | 19:13 | 4:54 | 1 | - | 9 | 2:19 |
| Lap 9 | 0.49 | 2:29 | 5:04 | 1 | - | 8 | 0:22 | 4.41 | 21:42 | 4:55 | 1 | - | 8 | 2:38 |
| Lap 10 | 0.49 | 2:33 | 5:12 | 1 | - | 13 | 0:32 | 4.90 | 24:15 | 4:56 | 1 | - | 8 | 3:10 |
| Lap 11 | 0.49 | 2:31 | 5:08 | 1 | - | 9 | 0:21 | 5.39 | 26:46 | 4:57 | 1 | - | 9 | 3:30 |
| Lap 12 | 0.49 | 2:21 | 4:47 | 1 | - | 8 | 0:15 | 5.88 | 29:07 | 4:57 | 1 | - | 9 | 3:37 |