



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

Arnstadt / 15.01.2025

### Detailed evaluation

Thomas Krüger

Club: N3 Sportverein

Number: 58

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M40 (40-44) H

Total time: 28:41

Speed: 10.46 km/h

Running performance: 4:52 min/km

Laps: 12 (5.88 km)

Rank in course/Men: 7 (of 38)

Rank in category: 2(of 4)

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	2:20	4:45	2	0:07	13	0:13	0.49	2:20	4:45	2	0:07	13	0:13
Lap 2	0.49	2:23	4:51	2	0:08	15	0:17	0.98	4:43	4:48	2	0:15	14	0:30
Lap 3	0.49	2:21	4:47	2	0:03	9	0:15	1.47	7:04	4:48	2	0:18	13	0:45
Lap 4	0.49	2:22	4:49	2	0:03	6	0:12	1.96	9:26	4:48	2	0:21	11	0:54
Lap 5	0.49	2:22	4:49	2	0:03	6	0:19	2.45	11:48	4:48	2	0:24	9	1:13
Lap 6	0.49	2:23	4:51	2	0:04	6	0:17	2.94	14:11	4:49	2	0:28	6	1:30
Lap 7	0.49	2:20	4:45	1	-	4	0:15	3.43	16:31	4:48	2	0:27	6	1:45
Lap 8	0.49	2:25	4:55	2	0:09	7	0:18	3.92	18:56	4:49	2	0:36	6	2:02
Lap 9	0.49	2:23	4:51	2	0:06	6	0:16	4.41	21:19	4:50	2	0:42	6	2:15
Lap 10	0.49	2:27	5:00	2	0:08	8	0:26	4.90	23:46	4:51	2	0:50	6	2:41
Lap 11	0.49	2:29	5:04	2	0:12	8	0:19	5.39	26:15	4:52	2	1:02	7	2:59
Lap 12	0.49	2:26	4:57	2	0:14	10	0:20	5.88	28:41	4:52	2	1:16	7	3:11