



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

Arnstadt / 15.01.2025

### Detailed evaluation

**Stephan Mund**

Club: Team M

Number: 30

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M40 (40-44) H

Total time: 28:14

Speed: 10.63 km/h

Running performance: 5:14 min/km

Laps: 11 (5.39 km)

Rank in course/Men: 15 (of 38)

Rank in category: 3(of 4)

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	0.49	2:23	4:51	3	0:10	17	0:16	0.49	2:23	4:51	3	0:10	17	0:16	
Lap 2	0.49	2:29	5:04	3	0:14	20	0:23	0.98	4:52	4:57	3	0:24	19	0:39	
Lap 3	0.49	2:31	5:08	3	0:13	18	0:25	1.47	7:23	5:01	3	0:37	19	1:04	
Lap 4	0.49	2:33	5:12	3	0:14	15	0:23	1.96	9:56	5:04	3	0:51	17	1:24	
Lap 5	0.49	2:35	5:16	3	0:16	16	0:32	2.45	12:31	5:06	3	1:07	17	1:56	
Lap 6	0.49	2:35	5:16	3	0:16	15	0:29	2.94	15:06	5:08	3	1:23	17	2:25	
Lap 7	0.49	2:37	5:20	3	0:17	15	0:32	3.43	17:43	5:09	3	1:39	15	2:57	
Lap 8	0.49	2:41	5:28	3	0:25	16	0:34	3.92	20:24	5:12	3	2:04	15	3:30	
Lap 9	0.49	2:38	5:22	3	0:21	15	0:31	4.41	23:02	5:13	3	2:25	15	3:58	
Lap 10	0.49	2:39	5:24	3	0:20	17	0:38	4.90	25:41	5:14	3	2:45	15	4:36	
Lap 11	0.49	2:33	5:12	3	0:16	12	0:23	5.39	28:14	5:14	3	3:01	15	4:58	