



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

Arnstadt / 15.01.2025

Detailed evaluation

Michael Waldhof

Club: Speedskating Arnstadt

Number: 45

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M40 (40-44) H

Total time: 29:36

Speed: 8.11 km/h

Running performance: 6:42 min/km

Laps: 9 (4.41 km)

Rank in course/Men: 34 (of 38)

Rank in category: 4(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	2:59	6:05	4	0:46	34	0:52	0.49	2:59	6:05	4	0:46	34	0:52
Lap 2	0.49	3:10	6:27	4	0:55	33	1:04	0.98	6:09	6:16	4	1:41	33	1:56
Lap 3	0.49	3:13	6:33	4	0:55	36	1:07	1.47	9:22	6:22	4	2:36	33	3:03
Lap 4	0.49	3:22	6:52	4	1:03	33	1:12	1.96	12:44	6:29	4	3:39	32	4:12
Lap 5	0.49	3:29	7:06	4	1:10	34	1:26	2.45	16:13	6:37	4	4:49	34	5:38
Lap 6	0.49	3:33	7:14	4	1:14	35	1:27	2.94	19:46	6:43	4	6:03	34	7:05
Lap 7	0.49	3:26	7:00	4	1:06	35	1:21	3.43	23:12	6:45	4	7:08	34	8:26
Lap 8	0.49	3:21	6:50	4	1:05	32	1:14	3.92	26:33	6:46	4	8:13	35	9:39
Lap 9	0.49	3:03	6:13	4	0:46	31	0:56	4.41	29:36	6:42	4	8:59	34	10:32