



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

Arnstadt / 15.01.2025

Detailed evaluation

Stefan Röder

Club: Langstrecke Arnstadt

Number: 41

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M45 (45-49) H

Total time: 29:42

Speed: 12.12 km/h

Running performance: 4:19 min/km

Laps: 14 (6.86 km)

Rank in course/Men: 1 (of 38)

Rank in category: 1(of 7)

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	2:07	4:19	1	-	1	-	0.49	2:07	4:19	1	-	1	-
Lap 2	0.49	2:06	4:17	1	-	1	-	0.98	4:13	4:18	1	-	1	-
Lap 3	0.49	2:06	4:17	1	-	1	-	1.47	6:19	4:17	1	-	1	-
Lap 4	0.49	2:13	4:31	1	-	2	0:03	1.96	8:32	4:21	1	-	1	-
Lap 5	0.49	2:03	4:11	1	-	1	-	2.45	10:35	4:19	1	-	1	-
Lap 6	0.49	2:06	4:17	1	-	1	-	2.94	12:41	4:18	1	-	1	-
Lap 7	0.49	2:05	4:15	1	-	1	-	3.43	14:46	4:18	1	-	1	-
Lap 8	0.49	2:08	4:21	1	-	2	0:01	3.92	16:54	4:18	1	-	1	-
Lap 9	0.49	2:10	4:25	1	-	2	0:03	4.41	19:04	4:19	1	-	1	-
Lap 10	0.49	2:01	4:06	1	-	1	-	4.90	21:05	4:18	1	-	1	-
Lap 11	0.49	2:11	4:27	1	-	2	0:01	5.39	23:16	4:18	1	-	1	-
Lap 12	0.49	2:14	4:33	2	0:02	5	0:08	5.88	25:30	4:20	1	-	1	-
Lap 13	0.49	2:05	4:15	1	-	3	0:01	6.37	27:35	4:19	1	-	1	-
Lap 14	0.49	2:07	4:19	1	-	1	-	6.86	29:42	4:19	1	-	1	-