



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

Arnstadt / 15.01.2025

Detailed evaluation

Andreas Heym

Total time: 29:20

Number: 20

Speed: 12.27 km/h

Course: 0.49 km/Lap

Running performance: 4:36 min/km

Halbstundenlauf

Laps: 13 (6.37 km)

Category:

Rank in course/Men: 3 (of 38)

Senioren M45 (45-49) H

Rank in category: 2(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	2:19	4:43	4	0:12	12	0:12	0.49	2:19	4:43	4	0:12	12	0:12
Lap 2	0.49	2:13	4:31	2	0:07	3	0:07	0.98	4:32	4:37	3	0:19	7	0:19
Lap 3	0.49	2:17	4:39	3	0:11	4	0:11	1.47	6:49	4:38	3	0:30	7	0:30
Lap 4	0.49	2:14	4:33	2	0:01	3	0:04	1.96	9:03	4:37	3	0:31	4	0:31
Lap 5	0.49	2:15	4:35	2	0:12	3	0:12	2.45	11:18	4:36	3	0:43	4	0:43
Lap 6	0.49	2:14	4:33	2	0:08	3	0:08	2.94	13:32	4:36	2	0:51	3	0:51
Lap 7	0.49	2:19	4:43	2	0:14	3	0:14	3.43	15:51	4:37	2	1:05	3	1:05
Lap 8	0.49	2:17	4:39	2	0:09	4	0:10	3.92	18:08	4:37	2	1:14	3	1:14
Lap 9	0.49	2:17	4:39	2	0:07	3	0:10	4.41	20:25	4:37	2	1:21	3	1:21
Lap 10	0.49	2:16	4:37	2	0:15	3	0:15	4.90	22:41	4:37	2	1:36	3	1:36
Lap 11	0.49	2:14	4:33	2	0:03	4	0:04	5.39	24:55	4:37	2	1:39	3	1:39
Lap 12	0.49	2:12	4:29	1	-	3	0:06	5.88	27:07	4:36	2	1:37	3	1:37
Lap 13	0.49	2:13	4:31	3	0:08	5	0:09	6.37	29:20	4:36	2	1:45	3	1:45