



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

Arnstadt / 15.01.2025

### Detailed evaluation

**Thorsten Hengelhaupt**

Club: VfB Torpedo Ichttershausen e.V.

Number: 16

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M45 (45-49) H

Total time: 29:11

Speed: 10.28 km/h

Running performance: 4:57 min/km

Laps: 12 (5.88 km)

Rank in course/Men: 10 (of 38)

Rank in category: 4(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	2:22	4:49	5	0:15	16	0:15	0.49	2:22	4:49	5	0:15	16	0:15
Lap 2	0.49	2:18	4:41	4	0:12	7	0:12	0.98	4:40	4:45	4	0:27	12	0:27
Lap 3	0.49	2:24	4:53	4	0:18	13	0:18	1.47	7:04	4:48	4	0:45	13	0:45
Lap 4	0.49	2:25	4:55	4	0:12	11	0:15	1.96	9:29	4:50	4	0:57	13	0:57
Lap 5	0.49	2:25	4:55	4	0:22	8	0:22	2.45	11:54	4:51	4	1:19	13	1:19
Lap 6	0.49	2:26	4:57	4	0:20	8	0:20	2.94	14:20	4:52	4	1:39	13	1:39
Lap 7	0.49	2:27	5:00	4	0:22	9	0:22	3.43	16:47	4:53	4	2:01	12	2:01
Lap 8	0.49	2:28	5:02	4	0:20	8	0:21	3.92	19:15	4:54	4	2:21	11	2:21
Lap 9	0.49	2:29	5:04	4	0:19	8	0:22	4.41	21:44	4:55	4	2:40	10	2:40
Lap 10	0.49	2:32	5:10	4	0:31	9	0:31	4.90	24:16	4:57	4	3:11	10	3:11
Lap 11	0.49	2:31	5:08	4	0:20	9	0:21	5.39	26:47	4:58	4	3:31	10	3:31
Lap 12	0.49	2:24	4:53	4	0:12	9	0:18	5.88	29:11	4:57	4	3:41	10	3:41