



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

Arnstadt / 15.01.2025

Detailed evaluation

Christian Wysocki

Club: Laufladen Erfurt OCR Team

Number: 51

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M45 (45-49) H

Total time: 29:11

Speed: 10.28 km/h

Running performance: 5:24 min/km

Laps: 11 (5.39 km)

Rank in course/Men: 19 (of 38)

Rank in category: 5(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	2:17	4:39	3	0:10	10	0:10	0.49	2:17	4:39	3	0:10	10	0:10
Lap 2	0.49	2:28	5:02	5	0:22	18	0:22	0.98	4:45	4:50	5	0:32	15	0:32
Lap 3	0.49	2:37	5:20	5	0:31	22	0:31	1.47	7:22	5:00	5	1:03	18	1:03
Lap 4	0.49	2:41	5:28	6	0:28	21	0:31	1.96	10:03	5:07	5	1:31	18	1:31
Lap 5	0.49	2:46	5:38	6	0:43	20	0:43	2.45	12:49	5:13	5	2:14	18	2:14
Lap 6	0.49	2:52	5:51	6	0:46	24	0:46	2.94	15:41	5:20	5	3:00	19	3:00
Lap 7	0.49	2:46	5:38	5	0:41	19	0:41	3.43	18:27	5:22	5	3:41	20	3:41
Lap 8	0.49	2:48	5:42	5	0:40	20	0:41	3.92	21:15	5:25	5	4:21	19	4:21
Lap 9	0.49	2:45	5:36	5	0:35	20	0:38	4.41	24:00	5:26	5	4:56	19	4:56
Lap 10	0.49	2:40	5:26	5	0:39	19	0:39	4.90	26:40	5:26	5	5:35	19	5:35
Lap 11	0.49	2:31	5:08	4	0:20	9	0:21	5.39	29:11	5:24	5	5:55	19	5:55