



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

Arnstadt / 15.01.2025

Detailed evaluation

Marco Heinz

Club: Speedskating Arnstadt

Number: 15

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M45 (45-49) H

Total time: 28:42

Speed: 8.36 km/h

Running performance: 5:51 min/km

Laps: 10 (4.9 km)

Rank in course/Men: 27 (of 38)

Rank in category: 7(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	2:58	6:03	7	0:51	32	0:51	0.49	2:58	6:03	7	0:51	32	0:51
Lap 2	0.49	2:55	5:57	7	0:49	32	0:49	0.98	5:53	6:00	7	1:40	32	1:40
Lap 3	0.49	2:53	5:53	7	0:47	30	0:47	1.47	8:46	5:57	7	2:27	31	2:27
Lap 4	0.49	2:52	5:51	7	0:39	28	0:42	1.96	11:38	5:56	7	3:06	30	3:06
Lap 5	0.49	2:51	5:48	7	0:48	25	0:48	2.45	14:29	5:54	7	3:54	28	3:54
Lap 6	0.49	2:52	5:51	6	0:46	24	0:46	2.94	17:21	5:54	7	4:40	28	4:40
Lap 7	0.49	2:56	5:59	7	0:51	26	0:51	3.43	20:17	5:54	7	5:31	28	5:31
Lap 8	0.49	2:55	5:57	7	0:47	24	0:48	3.92	23:12	5:55	7	6:18	29	6:18
Lap 9	0.49	2:46	5:38	6	0:36	21	0:39	4.41	25:58	5:53	7	6:54	27	6:54
Lap 10	0.49	2:44	5:34	6	0:43	20	0:43	4.90	28:42	5:51	7	7:37	27	7:37