



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

Arnstadt / 15.01.2025

Detailed evaluation

Norman Winkler

Club: Yin Yang

Number: 159

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M50 (50-54) H

Total time: 29:01

Speed: 10.34 km/h

Running performance: 4:56 min/km

Laps: 12 (5.88 km)

Rank in course/Men: 8 (of 38)

Rank in category: 1(of 4)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	0.49	2:21	4:47	2	0:07	14	0:14	0.49	2:21	4:47	2	0:07	14	0:14	
Lap 2	0.49	2:21	4:47	1	-	13	0:15	0.98	4:42	4:47	2	0:07	13	0:29	
Lap 3	0.49	2:19	4:43	1	-	6	0:13	1.47	7:01	4:46	2	0:02	11	0:42	
Lap 4	0.49	2:23	4:51	1	-	7	0:13	1.96	9:24	4:47	1	-	9	0:52	
Lap 5	0.49	2:26	4:57	1	-	10	0:23	2.45	11:50	4:49	1	-	10	1:15	
Lap 6	0.49	2:28	5:02	1	-	9	0:22	2.94	14:18	4:51	1	-	11	1:37	
Lap 7	0.49	2:28	5:02	2	0:01	11	0:23	3.43	16:46	4:53	1	-	10	2:00	
Lap 8	0.49	2:28	5:02	1	-	8	0:21	3.92	19:14	4:54	1	-	10	2:20	
Lap 9	0.49	2:29	5:04	1	-	8	0:22	4.41	21:43	4:55	1	-	9	2:39	
Lap 10	0.49	2:32	5:10	1	-	9	0:31	4.90	24:15	4:56	1	-	8	3:10	
Lap 11	0.49	2:28	5:02	1	-	7	0:18	5.39	26:43	4:57	1	-	8	3:27	
Lap 12	0.49	2:18	4:41	1	-	6	0:12	5.88	29:01	4:56	1	-	8	3:31	