



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

Arnstadt / 15.01.2025

### Detailed evaluation

**Michael Schröder**

Club: Flutschfinger k.e.V.

Number: 42

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M50 (50-54) H

Total time: 29:06

Speed: 10.31 km/h

Running performance: 5:23 min/km

Laps: 11 (5.39 km)

Rank in course/Men: 18 (of 38)

Rank in category: 3(of 4)

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	2:30	5:06	4	0:16	21	0:23	0.49	2:30	5:06	4	0:16	21	0:23
Lap 2	0.49	2:28	5:02	3	0:07	18	0:22	0.98	4:58	5:04	4	0:23	21	0:45
Lap 3	0.49	2:37	5:20	4	0:18	22	0:31	1.47	7:35	5:09	4	0:36	21	1:16
Lap 4	0.49	2:37	5:20	3	0:14	18	0:27	1.96	10:12	5:12	4	0:48	20	1:40
Lap 5	0.49	2:39	5:24	3	0:13	18	0:36	2.45	12:51	5:14	3	1:01	19	2:16
Lap 6	0.49	2:51	5:48	3	0:23	23	0:45	2.94	15:42	5:20	3	1:24	20	3:01
Lap 7	0.49	2:39	5:24	3	0:12	17	0:34	3.43	18:21	5:20	3	1:35	19	3:35
Lap 8	0.49	2:47	5:40	3	0:19	19	0:40	3.92	21:08	5:23	3	1:54	18	4:14
Lap 9	0.49	2:42	5:30	3	0:13	17	0:35	4.41	23:50	5:24	3	2:07	18	4:46
Lap 10	0.49	2:39	5:24	3	0:07	17	0:38	4.90	26:29	5:24	3	2:14	17	5:24
Lap 11	0.49	2:37	5:20	3	0:09	18	0:27	5.39	29:06	5:23	3	2:23	18	5:50