



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

Arnstadt / 15.01.2025

Detailed evaluation

André Haun

Number: 12

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M55 (55-59) H

Total time: 29:25

Speed: 10.20 km/h

Running performance: 5:00 min/km

Laps: 12 (5.88 km)

Rank in course/Men: 12 (of 38)

Rank in category: 1(of 2)

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	2:13	4:31	1	-	6	0:06	0.49	2:13	4:31	1	-	6	0:06
Lap 2	0.49	2:20	4:45	2	0:02	12	0:14	0.98	4:33	4:38	1	-	8	0:20
Lap 3	0.49	2:21	4:47	2	0:02	9	0:15	1.47	6:54	4:41	1	-	8	0:35
Lap 4	0.49	2:23	4:51	1	-	7	0:13	1.96	9:17	4:44	1	-	6	0:45
Lap 5	0.49	2:27	5:00	2	0:01	13	0:24	2.45	11:44	4:47	1	-	7	1:09
Lap 6	0.49	2:28	5:02	1	-	9	0:22	2.94	14:12	4:49	1	-	8	1:31
Lap 7	0.49	2:28	5:02	1	-	11	0:23	3.43	16:40	4:51	1	-	8	1:54
Lap 8	0.49	2:31	5:08	1	-	12	0:24	3.92	19:11	4:53	1	-	8	2:17
Lap 9	0.49	2:35	5:16	1	-	13	0:28	4.41	21:46	4:56	1	-	11	2:42
Lap 10	0.49	2:32	5:10	1	-	9	0:31	4.90	24:18	4:57	1	-	11	3:13
Lap 11	0.49	2:34	5:14	2	0:01	15	0:24	5.39	26:52	4:59	1	-	12	3:36
Lap 12	0.49	2:33	5:12	2	0:06	14	0:27	5.88	29:25	5:00	1	-	12	3:55