



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

Arnstadt / 15.01.2025

Detailed evaluation

Jörg Grimm

Club: SPORTident

Number: 60

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M55 (55-59) H

Total time: 29:42

Speed: 10.10 km/h

Running performance: 5:03 min/km

Laps: 12 (5.88 km)

Rank in course/Men: 14 (of 38)

Rank in category: 2(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	2:18	4:41	2	0:05	11	0:11	0.49	2:18	4:41	2	0:05	11	0:11
Lap 2	0.49	2:18	4:41	1	-	7	0:12	0.98	4:36	4:41	2	0:03	10	0:23
Lap 3	0.49	2:19	4:43	1	-	6	0:13	1.47	6:55	4:42	2	0:01	9	0:36
Lap 4	0.49	2:25	4:55	2	0:02	11	0:15	1.96	9:20	4:45	2	0:03	8	0:48
Lap 5	0.49	2:26	4:57	1	-	10	0:23	2.45	11:46	4:48	2	0:02	8	1:11
Lap 6	0.49	2:31	5:08	2	0:03	14	0:25	2.94	14:17	4:51	2	0:05	9	1:36
Lap 7	0.49	2:31	5:08	2	0:03	13	0:26	3.43	16:48	4:53	2	0:08	13	2:02
Lap 8	0.49	2:39	5:24	2	0:08	15	0:32	3.92	19:27	4:57	2	0:16	14	2:33
Lap 9	0.49	2:37	5:20	2	0:02	14	0:30	4.41	22:04	5:00	2	0:18	14	3:00
Lap 10	0.49	2:38	5:22	2	0:06	16	0:37	4.90	24:42	5:02	2	0:24	14	3:37
Lap 11	0.49	2:33	5:12	1	-	12	0:23	5.39	27:15	5:03	2	0:23	14	3:59
Lap 12	0.49	2:27	5:00	1	-	11	0:21	5.88	29:42	5:03	2	0:17	14	4:12