



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

Arnstadt / 15.01.2025

Detailed evaluation

Ralph Walther

Number: 46

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M60 (60-64) H

Total time: 28:50

Speed: 8.32 km/h

Running performance: 5:53 min/km

Laps: 10 (4.9 km)

Rank in course/Men: 29 (of 38)

Rank in category: 3(of 5)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	0.49	2:54	5:55	4	0:40	27	0:47	0.49	2:54	5:55	4	0:40	27	0:47
Lap 2	0.49	2:51	5:48	4	0:28	31	0:45	0.98	5:45	5:52	4	1:08	30	1:32
Lap 3	0.49	2:59	6:05	4	0:34	32	0:53	1.47	8:44	5:56	4	1:42	30	2:25
Lap 4	0.49	2:56	5:59	4	0:32	30	0:46	1.96	11:40	5:57	4	2:14	31	3:08
Lap 5	0.49	2:52	5:51	4	0:25	27	0:49	2.45	14:32	5:55	4	2:39	29	3:57
Lap 6	0.49	2:54	5:55	4	0:25	28	0:48	2.94	17:26	5:55	4	3:04	29	4:45
Lap 7	0.49	2:52	5:51	3	0:21	24	0:47	3.43	20:18	5:55	4	3:25	29	5:32
Lap 8	0.49	2:53	5:53	3	0:21	23	0:46	3.92	23:11	5:54	4	3:46	28	6:17
Lap 9	0.49	2:51	5:48	3	0:18	23	0:44	4.41	26:02	5:54	4	4:04	29	6:58
Lap 10	0.49	2:48	5:42	3	0:13	22	0:47	4.90	28:50	5:53	3	4:17	29	7:45