



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

Arnstadt / 15.01.2025

### Detailed evaluation

Rainer Raab

Number: 37

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M60 (60-64) H

Total time: 28:51

Speed: 8.32 km/h

Running performance: 5:53 min/km

Laps: 10 (4.9 km)

Rank in course/Men: 30 (of 38)

Rank in category: 4(of 5)

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	0.49	2:53	5:53	3	0:39	26	0:46	0.49	2:53	5:53	3	0:39	26	0:46
Lap 2	0.49	2:47	5:40	3	0:24	29	0:41	0.98	5:40	5:46	3	1:03	29	1:27
Lap 3	0.49	2:53	5:53	3	0:28	30	0:47	1.47	8:33	5:48	3	1:31	29	2:14
Lap 4	0.49	2:50	5:46	3	0:26	27	0:40	1.96	11:23	5:48	3	1:57	29	2:51
Lap 5	0.49	2:48	5:42	2	0:21	21	0:45	2.45	14:11	5:47	3	2:18	27	3:36
Lap 6	0.49	2:52	5:51	3	0:23	24	0:46	2.94	17:03	5:47	3	2:41	27	4:22
Lap 7	0.49	3:01	6:09	4	0:30	30	0:56	3.43	20:04	5:51	3	3:11	27	5:18
Lap 8	0.49	2:58	6:03	4	0:26	25	0:51	3.92	23:02	5:52	3	3:37	27	6:08
Lap 9	0.49	2:59	6:05	4	0:26	27	0:52	4.41	26:01	5:53	3	4:03	28	6:57
Lap 10	0.49	2:50	5:46	4	0:15	24	0:49	4.90	28:51	5:53	4	4:18	30	7:46