



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

Arnstadt / 15.01.2025

Detailed evaluation

Uwe Henning

Club: Guideteam

Number: 18

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M60 (60-64) H

Total time: 28:54

Speed: 8.30 km/h

Running performance: 6:33 min/km

Laps: 9 (4.41 km)

Rank in course/Men: 31 (of 38)

Rank in category: 5(of 5)

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			Men	Men								km
Lap 1	0.49	3:21	6:50	5	1:07	36	1:14	0.49	3:21	6:50	5	1:07	36	1:14
Lap 2	0.49	3:12	6:31	5	0:49	35	1:06	0.98	6:33	6:41	5	1:56	36	2:20
Lap 3	0.49	3:06	6:19	5	0:41	33	1:00	1.47	9:39	6:33	5	2:37	35	3:20
Lap 4	0.49	3:09	6:25	5	0:45	31	0:59	1.96	12:48	6:31	5	3:22	34	4:16
Lap 5	0.49	3:11	6:29	5	0:44	31	1:08	2.45	15:59	6:31	5	4:06	32	5:24
Lap 6	0.49	3:14	6:35	5	0:45	32	1:08	2.94	19:13	6:32	5	4:51	32	6:32
Lap 7	0.49	3:15	6:37	5	0:44	33	1:10	3.43	22:28	6:33	5	5:35	32	7:42
Lap 8	0.49	3:15	6:37	5	0:43	30	1:08	3.92	25:43	6:33	5	6:18	32	8:49
Lap 9	0.49	3:11	6:29	5	0:38	33	1:04	4.41	28:54	6:33	5	6:56	31	9:50