



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

Arnstadt / 15.01.2025

Detailed evaluation

Andreas Beck

Club: Laufftreff Plaue

Number: 3

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M65 (65-69) H

Total time: 29:04

Speed: 8.26 km/h

Running performance: 6:35 min/km

Laps: 9 (4.41 km)

Rank in course/Men: 32 (of 38)

Rank in category: 1(of 1)

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	km	Time			min/km	Pos Men	Behind Men
Lap 1	0.49	3:17	6:42	1	-	35	1:10	0.49	3:17	6:42	1	-	35	1:10
Lap 2	0.49	3:10	6:27	1	-	33	1:04	0.98	6:27	6:34	1	-	35	2:14
Lap 3	0.49	3:09	6:25	1	-	34	1:03	1.47	9:36	6:31	1	-	34	3:17
Lap 4	0.49	3:10	6:27	1	-	32	1:00	1.96	12:46	6:30	1	-	33	4:14
Lap 5	0.49	3:13	6:33	1	-	32	1:10	2.45	15:59	6:31	1	-	32	5:24
Lap 6	0.49	3:14	6:35	1	-	32	1:08	2.94	19:13	6:32	1	-	32	6:32
Lap 7	0.49	3:18	6:44	1	-	34	1:13	3.43	22:31	6:33	1	-	33	7:45
Lap 8	0.49	3:22	6:52	1	-	34	1:15	3.92	25:53	6:36	1	-	33	8:59
Lap 9	0.49	3:11	6:29	1	-	33	1:04	4.41	29:04	6:35	1	-	32	10:00