



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

Arnstadt / 15.01.2025

Detailed evaluation

Eberhard Janke

Club: ZahnPAHN.de

Number: 22

Course: 0.49 km/Lap

Halbstundenlauf

Category:

Senioren M80 (80+) H

Total time: 28:31

Speed: 6.31 km/h

Running performance: 8:18 min/km

Laps: 7 (3.43 km)

Rank in course/Men: 38 (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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.49	3:59	8:07	1	-	38	1:52	0.49	3:59	8:07	1	-	38	1:52
Lap 2	0.49	4:02	8:13	1	-	38	1:56	0.98	8:01	8:10	1	-	38	3:48
Lap 3	0.49	4:03	8:15	1	-	38	1:57	1.47	12:04	8:12	1	-	38	5:45
Lap 4	0.49	4:07	8:24	1	-	37	1:57	1.96	16:11	8:15	1	-	38	7:39
Lap 5	0.49	4:09	8:28	1	-	38	2:06	2.45	20:20	8:17	1	-	38	9:45
Lap 6	0.49	4:11	8:32	1	-	38	2:05	2.94	24:31	8:20	1	-	38	11:50
Lap 7	0.49	4:00	8:09	1	-	38	1:55	3.43	28:31	8:18	1	-	38	13:45