



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

Arnstadt / 15.01.2025

Detailed evaluation

Miron Borov

Club: Die tausenden 7 Meter Spezialisten
Number: 67

Course: 0.49 km/Lap
Halbstundenlauf

Category:
männliche Jugend U18 (16/17) H

Total time: 28:37

Speed: 8.39 km/h

Running performance: 5:50 min/km

Laps: 10 (4.9 km)

Rank in course/Men: 25 (of 38)

Rank in category: 3(of 6)

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	2:32	5:10	4	0:21	22	0:25	0.49	2:32	5:10	4	0:21	22	0:25
Lap 2	0.49	2:33	5:12	4	0:17	23	0:27	0.98	5:05	5:11	4	0:38	23	0:52
Lap 3	0.49	2:37	5:20	4	0:16	22	0:31	1.47	7:42	5:14	4	0:54	22	1:23
Lap 4	0.49	2:37	5:20	3	0:07	18	0:27	1.96	10:19	5:15	3	1:01	21	1:47
Lap 5	0.49	2:56	5:59	3	0:31	29	0:53	2.45	13:15	5:24	3	1:32	23	2:40
Lap 6	0.49	2:50	5:46	3	0:22	22	0:44	2.94	16:05	5:28	3	1:54	23	3:24
Lap 7	0.49	3:05	6:17	5	0:41	32	1:00	3.43	19:10	5:35	3	2:35	23	4:24
Lap 8	0.49	3:22	6:52	4	0:58	34	1:15	3.92	22:32	5:44	3	3:33	24	5:38
Lap 9	0.49	2:59	6:05	3	0:34	27	0:52	4.41	25:31	5:47	3	4:07	24	6:27
Lap 10	0.49	3:06	6:19	4	0:44	27	1:05	4.90	28:37	5:50	3	4:48	24	7:32