



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

Arnstadt / 15.01.2025

Detailed evaluation

Sebastian Gruß

Number: 115

Course: 0.49 km/Lap
Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:11

Speed: 10.14 km/h

Running performance: 5:45 min/km

Laps: 21 (10.29 km)

Rank in course/Men: 26 (of 34)

Rank in category: 11(of 13)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos	Behind	Pos	Behind	Total km	Total Time	Total min/km	Pos	Behind	Pos	Behind
				Cat.	Cat.	Men	Men				Cat.	Cat.	Men	Men
Lap 1	0.49	2:10	4:25	3	0:21	4	0:21	0.49	2:10	4:25	3	0:21	4	0:21
Lap 2	0.49	2:22	4:49	6	0:27	17	0:27	0.98	4:32	4:37	4	0:48	11	0:48
Lap 3	0.49	2:31	5:08	9	0:37	22	0:37	1.47	7:03	4:47	6	1:25	16	1:25
Lap 4	0.49	2:37	5:20	10	0:43	24	0:43	1.96	9:40	4:55	8	2:08	20	2:08
Lap 5	0.49	2:37	5:20	10	0:42	24	0:42	2.45	12:17	5:00	9	2:50	21	2:50
Lap 6	0.49	2:33	5:12	9	0:37	22	0:37	2.94	14:50	5:02	9	3:27	21	3:27
Lap 7	0.49	2:44	5:34	10	0:48	24	0:48	3.43	17:34	5:07	9	4:15	22	4:15
Lap 8	0.49	2:51	5:48	11	0:56	27	0:56	3.92	20:25	5:12	10	5:11	24	5:11
Lap 9	0.49	2:53	5:53	12	0:56	29	0:56	4.41	23:18	5:17	10	6:07	24	6:07
Lap 10	0.49	2:59	6:05	12	1:02	30	1:02	4.90	26:17	5:21	10	7:09	24	7:09
Lap 11	0.49	2:47	5:40	11	0:52	25	0:52	5.39	29:04	5:23	10	8:01	24	8:01
Lap 12	0.49	2:54	5:55	11	0:56	26	0:56	5.88	31:58	5:26	10	8:57	24	8:57
Lap 13	0.49	3:00	6:07	12	1:03	30	1:03	6.37	34:58	5:29	10	10:00	24	10:00
Lap 14	0.49	3:00	6:07	11	1:06	27	1:06	6.86	37:58	5:32	11	11:06	25	11:06
Lap 15	0.49	3:02	6:11	12	1:08	31	1:08	7.35	41:00	5:34	11	12:14	25	12:14
Lap 16	0.49	3:02	6:11	12	1:06	30	1:06	7.84	44:02	5:36	11	13:20	25	13:20
Lap 17	0.49	2:59	6:05	12	1:01	29	1:01	8.33	47:01	5:38	11	14:21	26	14:21
Lap 18	0.49	3:05	6:17	12	1:12	32	1:12	8.82	50:06	5:40	11	15:29	26	15:29
Lap 19	0.49	3:11	6:29	12	1:15	32	1:15	9.31	53:17	5:43	11	16:44	26	16:44
Lap 20	0.49	2:56	5:59	12	0:59	28	0:59	9.80	56:13	5:44	11	17:43	26	17:43
Lap 21	0.49	2:58	6:03	11	1:02	26	1:02	10.29	59:11	5:45	11	18:45	26	18:45