



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

Arnstadt / 15.01.2025

Detailed evaluation

Torsten Winter

Club: VfB Torpedo Ichtershausen e.V.

Number: 160

Course: 0.49 km/Lap

Stundenlauf

Category:

Senioren M50 (50-54)

Total time: 58:41

Speed: 10.22 km/h

Running performance: 5:26 min/km

Laps: 22 (10.78 km)

Rank in course/Men: 23 (of 34)

Rank in category: 5(of 5)

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	2:53	5:53	5	0:44	29	1:04	0.49	2:53	5:53	5	0:44	29	1:04
Lap 2	0.49	2:55	5:57	5	0:52	29	1:00	0.98	5:48	5:55	5	1:36	29	2:04
Lap 3	0.49	2:54	5:55	5	0:49	28	1:00	1.47	8:42	5:55	5	2:25	28	3:04
Lap 4	0.49	2:25	4:55	4	0:18	19	0:31	1.96	11:07	5:40	5	2:43	25	3:35
Lap 5	0.49	2:05	4:15	1	-	5	0:10	2.45	13:12	5:23	5	2:41	26	3:45
Lap 6	0.49	2:39	5:24	5	0:31	23	0:43	2.94	15:51	5:23	5	3:12	26	4:28
Lap 7	0.49	2:06	4:17	1	-	6	0:10	3.43	17:57	5:13	5	3:09	24	4:38
Lap 8	0.49	2:12	4:29	2	0:04	8	0:17	3.92	20:09	5:08	5	3:13	23	4:55
Lap 9	0.49	2:37	5:20	5	0:31	21	0:40	4.41	22:46	5:09	5	3:44	23	5:35
Lap 10	0.49	2:09	4:23	2	0:04	7	0:12	4.90	24:55	5:05	5	3:48	22	5:47
Lap 11	0.49	2:36	5:18	5	0:25	22	0:41	5.39	27:31	5:06	5	4:13	22	6:28
Lap 12	0.49	2:14	4:33	3	0:02	8	0:16	5.88	29:45	5:03	5	4:15	21	6:44
Lap 13	0.49	2:08	4:21	1	-	5	0:11	6.37	31:53	5:00	4	4:09	19	6:55
Lap 14	0.49	3:00	6:07	5	0:45	27	1:06	6.86	34:53	5:05	5	4:54	20	8:01
Lap 15	0.49	2:55	5:57	5	0:42	25	1:01	7.35	37:48	5:08	5	5:36	21	9:02
Lap 16	0.49	2:56	5:59	5	0:44	27	1:00	7.84	40:44	5:11	5	6:20	22	10:02
Lap 17	0.49	2:57	6:01	5	0:45	28	0:59	8.33	43:41	5:14	5	7:05	23	11:01
Lap 18	0.49	2:58	6:03	5	0:46	27	1:05	8.82	46:39	5:17	5	7:51	23	12:02
Lap 19	0.49	3:01	6:09	5	0:49	29	1:05	9.31	49:40	5:20	5	8:40	23	13:07
Lap 20	0.49	3:00	6:07	5	0:48	29	1:03	9.80	52:40	5:22	5	9:28	23	14:10
Lap 21	0.49	3:01	6:09	5	0:48	28	1:05	10.29	55:41	5:24	5	10:16	23	15:15
Lap 22	0.49	3:00	6:07	5	0:46	23	1:03	10.78	58:41	5:26	5	11:02	23	16:18