



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

Arnstadt / 15.01.2025

Detailed evaluation

Torsten Stelzner

Club: MGE

Number: 148

Course: 0.49 km/Lap

Stundenlauf

Category:

Senioren M55 (55-59)

Total time: 59:08

Speed: 11.16 km/h

Running performance: 5:01 min/km

Laps: 24 (11.76 km)

Rank in course/Men: 17 (of 34)

Rank in category: 1(of 2)

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	2:22	4:49	1	-	20	0:33	0.49	2:22	4:49	1	-	20	0:33	
Lap 2	0.49	2:20	4:45	1	-	16	0:25	0.98	4:42	4:47	1	-	17	0:58	
Lap 3	0.49	2:24	4:53	1	-	16	0:30	1.47	7:06	4:49	1	-	17	1:28	
Lap 4	0.49	2:22	4:49	1	-	15	0:28	1.96	9:28	4:49	1	-	16	1:56	
Lap 5	0.49	2:22	4:49	1	-	17	0:27	2.45	11:50	4:49	1	-	17	2:23	
Lap 6	0.49	2:24	4:53	1	-	16	0:28	2.94	14:14	4:50	1	-	17	2:51	
Lap 7	0.49	2:27	5:00	1	-	19	0:31	3.43	16:41	4:51	1	-	17	3:22	
Lap 8	0.49	2:26	4:57	1	-	17	0:31	3.92	19:07	4:52	1	-	17	3:53	
Lap 9	0.49	2:25	4:55	1	-	14	0:28	4.41	21:32	4:52	1	-	17	4:21	
Lap 10	0.49	2:29	5:04	1	-	20	0:32	4.90	24:01	4:54	1	-	17	4:53	
Lap 11	0.49	2:30	5:06	1	-	17	0:35	5.39	26:31	4:55	1	-	17	5:28	
Lap 12	0.49	2:27	5:00	1	-	17	0:29	5.88	28:58	4:55	1	-	17	5:57	
Lap 13	0.49	2:27	5:00	1	-	17	0:30	6.37	31:25	4:55	1	-	17	6:27	
Lap 14	0.49	2:30	5:06	1	-	16	0:36	6.86	33:55	4:56	1	-	17	7:03	
Lap 15	0.49	2:30	5:06	1	-	16	0:36	7.35	36:25	4:57	1	-	17	7:39	
Lap 16	0.49	2:31	5:08	1	-	18	0:35	7.84	38:56	4:57	1	-	17	8:14	
Lap 17	0.49	2:32	5:10	1	-	17	0:34	8.33	41:28	4:58	1	-	17	8:48	
Lap 18	0.49	2:31	5:08	1	-	18	0:38	8.82	43:59	4:59	1	-	17	9:22	
Lap 19	0.49	2:32	5:10	1	-	18	0:36	9.31	46:31	4:59	1	-	17	9:58	
Lap 20	0.49	2:32	5:10	1	-	15	0:35	9.80	49:03	5:00	1	-	17	10:33	
Lap 21	0.49	2:33	5:12	1	-	17	0:37	10.29	51:36	5:00	1	-	17	11:10	
Lap 22	0.49	2:31	5:08	1	-	17	0:34	10.78	54:07	5:01	1	-	17	11:44	
Lap 23	0.49	2:32	5:10	1	-	18	0:36	11.27	56:39	5:01	1	-	17	12:20	
Lap 24	0.49	2:29	5:04	1	-	16	0:32	11.76	59:08	5:01	1	-	17	12:52	