



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

Arnstadt / 15.01.2025

### Detailed evaluation

Ulf Bohnebuck

Club: Alteburg-Lauftreff

Number: 105

Course: 0.49 km/Lap

Stundenlauf

Category:

Senioren M60 (60-64)

Total time: 58:26

Speed: 10.27 km/h

Running performance: 5:40 min/km

Laps: 21 (10.29 km)

Rank in course/Men: 25 (of 34)

Rank in category: 2(of 2)

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	0.49	2:26	4:57	1	-	23	0:37	0.49	2:26	4:57	1	-	23	0:37
Lap 2	0.49	2:34	5:14	2	0:07	23	0:39	0.98	5:00	5:06	2	0:06	23	1:16
Lap 3	0.49	2:37	5:20	2	0:08	23	0:43	1.47	7:37	5:10	2	0:14	23	1:59
Lap 4	0.49	2:40	5:26	2	0:10	25	0:46	1.96	10:17	5:14	2	0:24	23	2:45
Lap 5	0.49	2:37	5:20	2	0:08	24	0:42	2.45	12:54	5:15	2	0:32	23	3:27
Lap 6	0.49	2:43	5:32	2	0:14	26	0:47	2.94	15:37	5:18	2	0:46	23	4:14
Lap 7	0.49	2:45	5:36	2	0:21	26	0:49	3.43	18:22	5:21	2	1:07	25	5:03
Lap 8	0.49	2:49	5:44	2	0:18	25	0:54	3.92	21:11	5:24	2	1:25	25	5:57
Lap 9	0.49	2:49	5:44	2	0:19	26	0:52	4.41	24:00	5:26	2	1:44	25	6:49
Lap 10	0.49	2:48	5:42	2	0:16	26	0:51	4.90	26:48	5:28	2	2:00	25	7:40
Lap 11	0.49	2:51	5:48	2	0:20	26	0:56	5.39	29:39	5:30	2	2:20	26	8:36
Lap 12	0.49	2:54	5:55	2	0:20	26	0:56	5.88	32:33	5:32	2	2:40	26	9:32
Lap 13	0.49	2:53	5:53	2	0:20	25	0:56	6.37	35:26	5:33	2	3:00	26	10:28
Lap 14	0.49	2:53	5:53	2	0:18	25	0:59	6.86	38:19	5:35	2	3:18	26	11:27
Lap 15	0.49	2:51	5:48	2	0:13	24	0:57	7.35	41:10	5:36	2	3:31	26	12:24
Lap 16	0.49	2:54	5:55	2	0:14	25	0:58	7.84	44:04	5:37	2	3:45	26	13:22
Lap 17	0.49	2:52	5:51	2	0:09	24	0:54	8.33	46:56	5:38	2	3:54	25	14:16
Lap 18	0.49	2:52	5:51	2	0:15	26	0:59	8.82	49:48	5:38	2	4:09	25	15:11
Lap 19	0.49	2:53	5:53	2	0:12	26	0:57	9.31	52:41	5:39	2	4:21	25	16:08
Lap 20	0.49	2:52	5:51	2	0:15	26	0:55	9.80	55:33	5:40	2	4:36	25	17:03
Lap 21	0.49	2:53	5:53	2	0:10	25	0:57	10.29	58:26	5:40	2	4:46	25	18:00