



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

Arnstadt / 31.01.2024

Detailed evaluation

Kevin Keith

Club: RSV Adler Arnstadt e.V.

Number: 55

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M30 (30-34)

Total time: 58:55

Speed: 14.26 km/h

Running performance: 4:12 min/km

Laps: 40 (14 km)

Rank in course/Men: 5 (of 44)

Rank in category: 1(of 3)

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	0.35	1:15	3:34	1	-	3	0:01	0.35	1:15	3:34	1	-	3	0:01	
Lap 2	0.35	1:24	4:00	1	-	3	0:03	0.70	2:39	3:47	1	-	4	0:04	
Lap 3	0.35	1:24	4:00	1	-	5	0:03	1.05	4:03	3:51	1	-	5	0:06	
Lap 4	0.35	1:24	4:00	1	-	4	0:03	1.40	5:27	3:53	1	-	5	0:09	
Lap 5	0.35	1:27	4:08	1	-	5	0:05	1.75	6:54	3:56	1	-	5	0:14	
Lap 6	0.35	1:27	4:08	1	-	5	0:04	2.10	8:21	3:58	1	-	5	0:18	
Lap 7	0.35	1:28	4:11	1	-	5	0:06	2.45	9:49	4:00	1	-	5	0:24	
Lap 8	0.35	1:29	4:14	1	-	6	0:06	2.80	11:18	4:02	1	-	5	0:29	
Lap 9	0.35	1:31	4:19	1	-	5	0:10	3.15	12:49	4:04	1	-	5	0:35	
Lap 10	0.35	1:28	4:11	1	-	5	0:06	3.50	14:17	4:04	1	-	5	0:39	
Lap 11	0.35	1:30	4:17	1	-	6	0:07	3.85	15:47	4:05	1	-	5	0:45	
Lap 12	0.35	1:30	4:17	1	-	6	0:09	4.20	17:17	4:06	1	-	5	0:52	
Lap 13	0.35	1:29	4:14	1	-	6	0:08	4.55	18:46	4:07	1	-	5	0:58	
Lap 14	0.35	1:31	4:19	1	-	5	0:10	4.90	20:17	4:08	1	-	5	1:07	
Lap 15	0.35	1:27	4:08	1	-	4	0:05	5.25	21:44	4:08	1	-	5	1:12	
Lap 16	0.35	1:27	4:08	1	-	4	0:05	5.60	23:11	4:08	1	-	5	1:16	
Lap 17	0.35	1:29	4:14	1	-	4	0:06	5.95	24:40	4:08	1	-	5	1:22	
Lap 18	0.35	1:30	4:17	1	-	4	0:06	6.30	26:10	4:09	1	-	5	1:27	
Lap 19	0.35	1:29	4:14	1	-	5	0:07	6.65	27:39	4:09	1	-	5	1:33	
Lap 20	0.35	1:28	4:11	1	-	4	0:08	7.00	29:07	4:09	1	-	5	1:40	
Lap 21	0.35	1:29	4:14	1	-	4	0:07	7.35	30:36	4:09	1	-	5	1:47	
Lap 22	0.35	1:27	4:08	1	-	3	0:04	7.70	32:03	4:09	1	-	5	1:51	
Lap 23	0.35	1:27	4:08	1	-	3	0:05	8.05	33:30	4:09	1	-	5	1:56	
Lap 24	0.35	1:28	4:11	1	-	5	0:07	8.40	34:58	4:09	1	-	5	2:03	
Lap 25	0.35	1:29	4:14	1	-	5	0:09	8.75	36:27	4:09	1	-	5	2:12	
Lap 26	0.35	1:25	4:02	1	-	2	0:04	9.10	37:52	4:09	1	-	5	2:16	
Lap 27	0.35	1:27	4:08	1	-	4	0:06	9.45	39:19	4:09	1	-	5	2:22	
Lap 28	0.35	1:28	4:11	1	-	6	0:06	9.80	40:47	4:09	1	-	5	2:28	
Lap 29	0.35	1:32	4:22	1	-	5	0:10	10.15	42:19	4:10	1	-	5	2:38	
Lap 30	0.35	1:31	4:19	1	-	5	0:10	10.50	43:50	4:10	1	-	5	2:48	



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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 31	0.35	1:31	4:19	1	-	5	0:09	10.85	45:21	4:10	1	-	5	2:57
Lap 32	0.35	1:33	4:25	1	-	6	0:13	11.20	46:54	4:11	1	-	5	3:10
Lap 33	0.35	1:32	4:22	1	-	5	0:10	11.55	48:26	4:11	1	-	5	3:20
Lap 34	0.35	1:32	4:22	1	-	7	0:10	11.90	49:58	4:11	1	-	5	3:30
Lap 35	0.35	1:29	4:14	1	-	6	0:07	12.25	51:27	4:12	1	-	5	3:37
Lap 36	0.35	1:29	4:14	1	-	5	0:08	12.60	52:56	4:12	1	-	5	3:45
Lap 37	0.35	1:27	4:08	1	-	5	0:07	12.95	54:23	4:11	1	-	5	3:52
Lap 38	0.35	1:31	4:19	1	-	5	0:11	13.30	55:54	4:12	1	-	5	4:03
Lap 39	0.35	1:32	4:22	1	-	5	0:13	13.65	57:26	4:12	1	-	5	4:16
Lap 40	0.35	1:29	4:14	1	-	5	0:08	14.00	58:55	4:12	1	-	5	4:24