



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

Arnstadt / 31.01.2024

Detailed evaluation

Hannes Beck

Club: FSV Grün-Weiß Plaue

Number: 3

Course: 0.35 km/Lap

Halbstundenlauf

Category:

männliche Jugend U14 (12/13)

Total time: 28:29

Speed: 8.43 km/h

Running performance: 5:48 min/km

Laps: 14 (4.9 km)

Rank in course/Men: 10 (of 14)

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	0.35	1:52	5:20	1	-	9	0:16	0.35	1:52	5:20	1	-	9	0:16
Lap 2	0.35	1:56	5:31	1	-	10	0:26	0.70	3:48	5:25	1	-	10	0:38
Lap 3	0.35	2:01	5:45	1	-	11	0:27	1.05	5:49	5:32	1	-	10	1:05
Lap 4	0.35	1:59	5:40	1	-	9	0:24	1.40	7:48	5:34	1	-	10	1:29
Lap 5	0.35	1:59	5:40	1	-	9	0:22	1.75	9:47	5:35	1	-	10	1:51
Lap 6	0.35	1:56	5:31	1	-	9	0:18	2.10	11:43	5:34	1	-	9	2:09
Lap 7	0.35	2:03	5:51	1	-	10	0:24	2.45	13:46	5:37	1	-	9	2:33
Lap 8	0.35	1:57	5:34	1	-	10	0:16	2.80	15:43	5:36	1	-	9	2:49
Lap 9	0.35	2:01	5:45	1	-	10	0:23	3.15	17:44	5:37	1	-	9	3:12
Lap 10	0.35	2:02	5:48	1	-	10	0:26	3.50	19:46	5:38	1	-	9	3:38
Lap 11	0.35	2:08	6:05	2	0:02	11	0:35	3.85	21:54	5:41	1	-	9	4:13
Lap 12	0.35	2:17	6:31	1	-	13	0:43	4.20	24:11	5:45	1	-	9	4:56
Lap 13	0.35	2:12	6:17	2	0:07	14	0:33	4.55	26:23	5:47	1	-	10	5:29
Lap 14	0.35	2:06	6:00	1	-	11	0:29	4.90	28:29	5:48	1	-	10	5:58