



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

Arnstadt / 31.01.2024

Detailed evaluation

Andreas Kerber

Club: Rennsteiglaufverein

Number: 56

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M60 (60-64)

Total time: 59:44

Speed: 11.05 km/h

Running performance: 5:10 min/km

Laps: 33 (11.55 km)

Rank in course/Men: 22 (of 44)

Rank in category: 2(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 | 0.35 | 1:44 | 4:57 | 1 | - | 19 | 0:30 | 0.35 | 1:44 | 4:57 | 1 | - | 19 | 0:30 | |
| Lap 2 | 0.35 | 1:48 | 5:08 | 1 | - | 29 | 0:27 | 0.70 | 3:32 | 5:02 | 1 | - | 26 | 0:57 | |
| Lap 3 | 0.35 | 1:49 | 5:11 | 2 | 0:01 | 27 | 0:28 | 1.05 | 5:21 | 5:05 | 1 | - | 26 | 1:24 | |
| Lap 4 | 0.35 | 1:50 | 5:14 | 2 | 0:01 | 28 | 0:29 | 1.40 | 7:11 | 5:07 | 1 | - | 25 | 1:53 | |
| Lap 5 | 0.35 | 1:50 | 5:14 | 2 | 0:02 | 25 | 0:28 | 1.75 | 9:01 | 5:09 | 1 | - | 25 | 2:21 | |
| Lap 6 | 0.35 | 1:50 | 5:14 | 2 | 0:02 | 25 | 0:27 | 2.10 | 10:51 | 5:10 | 1 | - | 26 | 2:48 | |
| Lap 7 | 0.35 | 1:48 | 5:08 | 1 | - | 22 | 0:26 | 2.45 | 12:39 | 5:09 | 1 | - | 25 | 3:14 | |
| Lap 8 | 0.35 | 1:48 | 5:08 | 1 | - | 23 | 0:25 | 2.80 | 14:27 | 5:09 | 1 | - | 25 | 3:38 | |
| Lap 9 | 0.35 | 1:48 | 5:08 | 1 | - | 21 | 0:27 | 3.15 | 16:15 | 5:09 | 1 | - | 23 | 4:01 | |
| Lap 10 | 0.35 | 1:48 | 5:08 | 2 | 0:02 | 25 | 0:26 | 3.50 | 18:03 | 5:09 | 1 | - | 23 | 4:25 | |
| Lap 11 | 0.35 | 1:48 | 5:08 | 1 | - | 21 | 0:25 | 3.85 | 19:51 | 5:09 | 1 | - | 24 | 4:49 | |
| Lap 12 | 0.35 | 1:49 | 5:11 | 1 | - | 22 | 0:28 | 4.20 | 21:40 | 5:09 | 1 | - | 23 | 5:15 | |
| Lap 13 | 0.35 | 1:48 | 5:08 | 1 | - | 20 | 0:27 | 4.55 | 23:28 | 5:09 | 1 | - | 23 | 5:40 | |
| Lap 14 | 0.35 | 1:49 | 5:11 | 1 | - | 20 | 0:28 | 4.90 | 25:17 | 5:09 | 1 | - | 23 | 6:07 | |
| Lap 15 | 0.35 | 1:49 | 5:11 | 1 | - | 18 | 0:27 | 5.25 | 27:06 | 5:09 | 1 | - | 23 | 6:34 | |
| Lap 16 | 0.35 | 1:48 | 5:08 | 1 | - | 17 | 0:26 | 5.60 | 28:54 | 5:09 | 1 | - | 22 | 6:59 | |
| Lap 17 | 0.35 | 1:49 | 5:11 | 1 | - | 16 | 0:26 | 5.95 | 30:43 | 5:09 | 1 | - | 22 | 7:25 | |
| Lap 18 | 0.35 | 1:49 | 5:11 | 1 | - | 16 | 0:25 | 6.30 | 32:32 | 5:09 | 1 | - | 22 | 7:49 | |
| Lap 19 | 0.35 | 1:49 | 5:11 | 1 | - | 17 | 0:27 | 6.65 | 34:21 | 5:09 | 1 | - | 22 | 8:15 | |
| Lap 20 | 0.35 | 1:50 | 5:14 | 2 | 0:01 | 21 | 0:30 | 7.00 | 36:11 | 5:10 | 1 | - | 21 | 8:44 | |
| Lap 21 | 0.35 | 1:50 | 5:14 | 2 | 0:02 | 19 | 0:28 | 7.35 | 38:01 | 5:10 | 1 | - | 21 | 9:12 | |
| Lap 22 | 0.35 | 1:49 | 5:11 | 1 | - | 17 | 0:26 | 7.70 | 39:50 | 5:10 | 1 | - | 21 | 9:38 | |
| Lap 23 | 0.35 | 1:51 | 5:17 | 1 | - | 17 | 0:29 | 8.05 | 41:41 | 5:10 | 1 | - | 21 | 10:07 | |
| Lap 24 | 0.35 | 1:51 | 5:17 | 2 | 0:19 | 20 | 0:30 | 8.40 | 43:32 | 5:10 | 1 | - | 21 | 10:37 | |
| Lap 25 | 0.35 | 1:49 | 5:11 | 2 | 0:15 | 18 | 0:29 | 8.75 | 45:21 | 5:10 | 1 | - | 21 | 11:06 | |
| Lap 26 | 0.35 | 1:48 | 5:08 | 2 | 0:12 | 18 | 0:27 | 9.10 | 47:09 | 5:10 | 2 | 0:11 | 22 | 11:33 | |
| Lap 27 | 0.35 | 1:50 | 5:14 | 2 | 0:11 | 19 | 0:29 | 9.45 | 48:59 | 5:11 | 2 | 0:22 | 22 | 12:02 | |
| Lap 28 | 0.35 | 1:50 | 5:14 | 2 | 0:14 | 21 | 0:28 | 9.80 | 50:49 | 5:11 | 2 | 0:36 | 22 | 12:30 | |
| Lap 29 | 0.35 | 1:49 | 5:11 | 2 | 0:13 | 22 | 0:27 | 10.15 | 52:38 | 5:11 | 2 | 0:49 | 22 | 12:57 | |
| Lap 30 | 0.35 | 1:49 | 5:11 | 2 | 0:11 | 21 | 0:28 | 10.50 | 54:27 | 5:11 | 2 | 1:00 | 22 | 13:25 | |



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Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | Stage score | | | | Total ranking | | | | | | |
|---------|--------------------|------------|--------------|-------------|-------------|---------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| | 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 | 1:49 | 5:11 | 2 | 0:06 | 22 | 0:27 | 10.85 | 56:16 | 5:11 | 2 | 1:06 | 22 | 13:52 |
| Lap 32 | 0.35 | 1:46 | 5:02 | 2 | 0:08 | 22 | 0:26 | 11.20 | 58:02 | 5:10 | 2 | 1:14 | 22 | 14:18 |
| Lap 33 | 0.35 | 1:42 | 4:51 | 2 | 0:01 | 16 | 0:20 | 11.55 | 59:44 | 5:10 | 2 | 1:15 | 22 | 14:38 |