



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

Arnstadt / 31.01.2024

Detailed evaluation

Andreas Beck

Club: LSV Lok Arnstadt

Number: 35

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M65 (65-69)

Total time: 59:58

Speed: 9.11 km/h

Running performance: 6:35 min/km

Laps: 26 (9.1 km)

Rank in course/Men: 41 (of 44)

Rank in category: 2(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	2:12	6:17	1	-	42	0:58	0.35	2:12	6:17	1	-	42	0:58
Lap 2	0.35	2:18	6:34	2	0:09	43	0:57	0.70	4:30	6:25	2	0:08	43	1:55
Lap 3	0.35	2:19	6:37	2	0:08	42	0:58	1.05	6:49	6:29	2	0:16	43	2:52
Lap 4	0.35	2:17	6:31	2	0:03	42	0:56	1.40	9:06	6:30	2	0:19	42	3:48
Lap 5	0.35	2:15	6:25	2	0:02	42	0:53	1.75	11:21	6:29	2	0:21	42	4:41
Lap 6	0.35	2:16	6:28	2	0:04	41	0:53	2.10	13:37	6:29	2	0:25	42	5:34
Lap 7	0.35	2:16	6:28	2	0:04	41	0:54	2.45	15:53	6:28	2	0:29	42	6:28
Lap 8	0.35	2:18	6:34	2	0:06	41	0:55	2.80	18:11	6:29	2	0:35	41	7:22
Lap 9	0.35	2:17	6:31	2	0:03	41	0:56	3.15	20:28	6:29	2	0:38	41	8:14
Lap 10	0.35	2:17	6:31	2	0:03	42	0:55	3.50	22:45	6:30	2	0:41	41	9:07
Lap 11	0.35	2:19	6:37	2	0:05	41	0:56	3.85	25:04	6:30	2	0:46	41	10:02
Lap 12	0.35	2:19	6:37	2	0:05	42	0:58	4.20	27:23	6:31	2	0:51	41	10:58
Lap 13	0.35	2:21	6:42	2	0:06	41	1:00	4.55	29:44	6:32	2	0:57	41	11:56
Lap 14	0.35	2:23	6:48	2	0:08	41	1:02	4.90	32:07	6:33	2	1:05	41	12:57
Lap 15	0.35	2:19	6:37	2	0:03	41	0:57	5.25	34:26	6:33	2	1:08	41	13:54
Lap 16	0.35	2:19	6:37	2	0:03	41	0:57	5.60	36:45	6:33	2	1:11	41	14:50
Lap 17	0.35	2:22	6:45	2	0:07	39	0:59	5.95	39:07	6:34	2	1:18	41	15:49
Lap 18	0.35	2:21	6:42	2	0:04	41	0:57	6.30	41:28	6:34	2	1:22	41	16:45
Lap 19	0.35	2:19	6:37	2	0:04	41	0:57	6.65	43:47	6:35	2	1:26	41	17:41
Lap 20	0.35	2:20	6:40	2	0:04	41	1:00	7.00	46:07	6:35	2	1:30	41	18:40
Lap 21	0.35	2:23	6:48	2	0:05	42	1:01	7.35	48:30	6:35	2	1:35	41	19:41
Lap 22	0.35	2:22	6:45	2	0:06	41	0:59	7.70	50:52	6:36	2	1:41	41	20:40
Lap 23	0.35	2:18	6:34	2	0:04	40	0:56	8.05	53:10	6:36	2	1:45	41	21:36
Lap 24	0.35	2:19	6:37	2	0:03	40	0:58	8.40	55:29	6:36	2	1:48	41	22:34
Lap 25	0.35	2:18	6:34	2	0:02	41	0:58	8.75	57:47	6:36	2	1:50	41	23:32
Lap 26	0.35	2:11	6:14	2	0:01	41	0:50	9.10	59:58	6:35	2	1:51	41	24:22