



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

Arnstadt / 31.01.2024

## Detailed evaluation

**Sebastian Petermann**

Club: Kesselbrunn Runners

Number: 18

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M40 (40-44) H

Total time: 29:31

Speed: 12.09 km/h

Running performance: 4:57 min/km

Laps: 17 (5.95 km)

Rank in course/Men: 5 (of 14)

Rank in category: 1(of 2)

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 1	0.35	1:43	4:54	2	0:02	7	0:07	0.35	1:43	4:54	2	0:02	7	0:07	
Lap 2	0.35	1:50	5:14	2	0:07	9	0:20	0.70	3:33	5:04	2	0:09	8	0:23	
Lap 3	0.35	1:48	5:08	2	0:02	8	0:14	1.05	5:21	5:05	2	0:11	8	0:37	
Lap 4	0.35	1:45	5:00	1	-	5	0:10	1.40	7:06	5:04	2	0:09	8	0:47	
Lap 5	0.35	1:43	4:54	1	-	4	0:06	1.75	8:49	5:02	2	0:06	7	0:53	
Lap 6	0.35	1:45	5:00	1	-	5	0:07	2.10	10:34	5:01	2	0:04	7	1:00	
Lap 7	0.35	1:44	4:57	1	-	4	0:05	2.45	12:18	5:01	1	-	5	1:05	
Lap 8	0.35	1:45	5:00	1	-	4	0:04	2.80	14:03	5:01	1	-	5	1:09	
Lap 9	0.35	1:46	5:02	1	-	4	0:08	3.15	15:49	5:01	1	-	5	1:17	
Lap 10	0.35	1:44	4:57	1	-	5	0:08	3.50	17:33	5:00	1	-	5	1:25	
Lap 11	0.35	1:45	5:00	1	-	3	0:12	3.85	19:18	5:00	1	-	5	1:37	
Lap 12	0.35	1:45	5:00	1	-	3	0:11	4.20	21:03	5:00	1	-	5	1:48	
Lap 13	0.35	1:45	5:00	1	-	3	0:06	4.55	22:48	5:00	1	-	5	1:54	
Lap 14	0.35	1:44	4:57	1	-	3	0:07	4.90	24:32	5:00	1	-	5	2:01	
Lap 15	0.35	1:42	4:51	1	-	3	0:07	5.25	26:14	4:59	1	-	5	2:08	
Lap 16	0.35	1:41	4:48	1	-	3	0:04	5.60	27:55	4:59	1	-	5	2:10	
Lap 17	0.35	1:36	4:34	1	-	2	0:03	5.95	29:31	4:57	1	-	5	2:10	