



1. SPORTident Winter-Stundenlaufserie mit Musik (2. Lauf)

Arnstadt / 21.02.2024

Detailed evaluation

Sebastian Petermann

Club: Kesselbrunn Runners

Number: 64

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M40 (40-44)

Total time: 59:59

Speed: 11.55 km/h

Running performance: 5:11 min/km

Laps: 33 (11.55 km)

Rank in course/Men: 23 (of 39)

Rank in category: 5(of 7)

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 1	0.35	1:42	4:51	3	0:33	17	0:33	0.35	1:42	4:51	3	0:33	17	0:33
Lap 2	0.35	1:44	4:57	6	0:31	27	0:31	0.70	3:26	4:54	4	1:04	19	1:04
Lap 3	0.35	1:42	4:51	5	0:25	23	0:25	1.05	5:08	4:53	5	1:29	23	1:29
Lap 4	0.35	1:46	5:02	5	0:30	25	0:30	1.40	6:54	4:55	5	1:59	22	1:59
Lap 5	0.35	1:44	4:57	5	0:25	24	0:25	1.75	8:38	4:55	5	2:24	22	2:24
Lap 6	0.35	1:43	4:54	5	0:23	21	0:23	2.10	10:21	4:55	5	2:47	23	2:47
Lap 7	0.35	1:46	5:02	6	0:26	24	0:26	2.45	12:07	4:56	5	3:13	23	3:13
Lap 8	0.35	1:46	5:02	5	0:25	23	0:25	2.80	13:53	4:57	5	3:38	23	3:38
Lap 9	0.35	1:47	5:05	5	0:25	23	0:25	3.15	15:40	4:58	5	4:03	23	4:03
Lap 10	0.35	1:45	5:00	4	0:23	19	0:23	3.50	17:25	4:58	5	4:26	23	4:26
Lap 11	0.35	1:48	5:08	4	0:26	21	0:26	3.85	19:13	4:59	5	4:52	23	4:52
Lap 12	0.35	1:47	5:05	5	0:23	23	0:23	4.20	21:00	5:00	5	5:15	23	5:15
Lap 13	0.35	1:49	5:11	5	0:27	24	0:27	4.55	22:49	5:00	5	5:42	23	5:42
Lap 14	0.35	1:48	5:08	5	0:24	21	0:24	4.90	24:37	5:01	5	6:06	22	6:06
Lap 15	0.35	1:50	5:14	5	0:28	23	0:28	5.25	26:27	5:02	5	6:34	22	6:34
Lap 16	0.35	1:51	5:17	5	0:27	24	0:27	5.60	28:18	5:03	5	7:01	22	7:01
Lap 17	0.35	1:53	5:22	6	0:30	28	0:30	5.95	30:11	5:04	5	7:31	22	7:31
Lap 18	0.35	1:50	5:14	5	0:26	23	0:26	6.30	32:01	5:04	5	7:57	23	7:57
Lap 19	0.35	1:48	5:08	5	0:24	21	0:24	6.65	33:49	5:05	5	8:21	22	8:21
Lap 20	0.35	1:51	5:17	5	0:27	22	0:27	7.00	35:40	5:05	5	8:48	22	8:48
Lap 21	0.35	1:51	5:17	5	0:28	23	0:28	7.35	37:31	5:06	5	9:16	22	9:16
Lap 22	0.35	1:50	5:14	5	0:26	22	0:26	7.70	39:21	5:06	5	9:42	22	9:42
Lap 23	0.35	1:49	5:11	5	0:26	21	0:26	8.05	41:10	5:06	5	10:08	22	10:08
Lap 24	0.35	1:52	5:20	5	0:29	23	0:29	8.40	43:02	5:07	5	10:37	22	10:37
Lap 25	0.35	1:53	5:22	5	0:30	24	0:30	8.75	44:55	5:07	5	11:07	22	11:07
Lap 26	0.35	1:55	5:28	6	0:32	27	0:32	9.10	46:50	5:08	5	11:39	22	11:39
Lap 27	0.35	1:54	5:25	6	0:31	28	0:31	9.45	48:44	5:09	5	12:10	22	12:10
Lap 28	0.35	1:55	5:28	6	0:31	28	0:31	9.80	50:39	5:10	5	12:41	23	12:41
Lap 29	0.35	1:54	5:25	6	0:31	29	0:31	10.15	52:33	5:10	5	13:12	23	13:12
Lap 30	0.35	1:56	5:31	6	0:32	32	0:32	10.50	54:29	5:11	5	13:44	23	13:44



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Lap 31	0.35	1:55	5:28	7	0:30	33	0:30	10.85	56:24	5:11	5	14:14	23	14:14
Lap 32	0.35	1:53	5:22	6	0:29	28	0:29	11.20	58:17	5:12	5	14:43	23	14:43
Lap 33	0.35	1:42	4:51	3	0:18	9	0:18	11.55	59:59	5:11	5	15:01	23	15:01