



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

Arnstadt / 21.02.2024

Detailed evaluation

Andreas Kerber

Club: Rennsteiglaufverein

Number: 57

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M60 (60-64)

Total time: 58:24

Speed: 11.51 km/h

Running performance: 5:12 min/km

Laps: 32 (11.2 km)

Rank in course/Men: 25 (of 39)

Rank in category: 1(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	1:41	4:48	1	-	15	0:32	0.35	1:41	4:48	1	-	15	0:32	
Lap 2	0.35	1:46	5:02	1	-	30	0:33	0.70	3:27	4:55	1	-	22	1:05	
Lap 3	0.35	1:48	5:08	2	0:05	32	0:31	1.05	5:15	5:00	1	-	25	1:36	
Lap 4	0.35	1:50	5:14	2	0:02	29	0:34	1.40	7:05	5:03	1	-	25	2:10	
Lap 5	0.35	1:51	5:17	2	0:01	33	0:32	1.75	8:56	5:06	1	-	26	2:42	
Lap 6	0.35	1:50	5:14	1	-	28	0:30	2.10	10:46	5:07	1	-	26	3:12	
Lap 7	0.35	1:51	5:17	1	-	31	0:31	2.45	12:37	5:08	1	-	27	3:43	
Lap 8	0.35	1:49	5:11	1	-	30	0:28	2.80	14:26	5:09	1	-	27	4:11	
Lap 9	0.35	1:50	5:14	1	-	30	0:28	3.15	16:16	5:09	1	-	27	4:39	
Lap 10	0.35	1:51	5:17	2	0:01	29	0:29	3.50	18:07	5:10	1	-	27	5:08	
Lap 11	0.35	1:50	5:14	1	-	25	0:28	3.85	19:57	5:10	1	-	27	5:36	
Lap 12	0.35	1:50	5:14	1	-	25	0:26	4.20	21:47	5:11	1	-	27	6:02	
Lap 13	0.35	1:50	5:14	1	-	26	0:28	4.55	23:37	5:11	1	-	28	6:30	
Lap 14	0.35	1:50	5:14	1	-	25	0:26	4.90	25:27	5:11	1	-	28	6:56	
Lap 15	0.35	1:51	5:17	1	-	25	0:29	5.25	27:18	5:12	1	-	27	7:25	
Lap 16	0.35	1:50	5:14	1	-	23	0:26	5.60	29:08	5:12	1	-	27	7:51	
Lap 17	0.35	1:50	5:14	1	-	23	0:27	5.95	30:58	5:12	1	-	26	8:18	
Lap 18	0.35	1:49	5:11	1	-	21	0:25	6.30	32:47	5:12	1	-	26	8:43	
Lap 19	0.35	1:49	5:11	1	-	25	0:25	6.65	34:36	5:12	1	-	25	9:08	
Lap 20	0.35	1:51	5:17	1	-	22	0:27	7.00	36:27	5:12	1	-	25	9:35	
Lap 21	0.35	1:51	5:17	1	-	23	0:28	7.35	38:18	5:12	1	-	25	10:03	
Lap 22	0.35	1:50	5:14	1	-	22	0:26	7.70	40:08	5:12	1	-	25	10:29	
Lap 23	0.35	1:50	5:14	1	-	22	0:27	8.05	41:58	5:12	1	-	25	10:56	
Lap 24	0.35	1:50	5:14	1	-	20	0:27	8.40	43:48	5:12	1	-	25	11:23	
Lap 25	0.35	1:51	5:17	2	0:03	23	0:28	8.75	45:39	5:13	1	-	25	11:51	
Lap 26	0.35	1:50	5:14	2	0:05	21	0:27	9.10	47:29	5:13	1	-	25	12:18	
Lap 27	0.35	1:51	5:17	2	0:03	23	0:28	9.45	49:20	5:13	1	-	25	12:46	
Lap 28	0.35	1:50	5:14	1	-	21	0:26	9.80	51:10	5:13	1	-	25	13:12	
Lap 29	0.35	1:50	5:14	1	-	22	0:27	10.15	53:00	5:13	1	-	25	13:39	
Lap 30	0.35	1:49	5:11	1	-	23	0:25	10.50	54:49	5:13	1	-	25	14:04	



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Intermediate times

Stage score

Total ranking

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	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	1:47	5:05	1	-	22	0:22	10.85	56:36	5:12	1	-	25	14:26
Lap 32	0.35	1:48	5:08	1	-	21	0:24	11.20	58:24	5:12	1	-	25	14:50