



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

Arnstadt / 21.02.2024

Detailed evaluation

Andreas Beck

Club: LSV Lok Arnstadt

Number: 46

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M65 (65-69)

Total time: 59:53

Speed: 9.47 km/h

Running performance: 6:20 min/km

Laps: 27 (9.45 km)

Rank in course/Men: 37 (of 39)

Rank in category: 3(of 3)

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time												min/km
Lap 1	0.35	2:11	6:14	3	0:26	37	1:02	0.35	2:11	6:14	3	0:26	37	1:02
Lap 2	0.35	2:13	6:20	3	0:32	38	1:00	0.70	4:24	6:17	3	0:58	37	2:02
Lap 3	0.35	2:11	6:14	3	0:30	37	0:54	1.05	6:35	6:16	3	1:28	36	2:56
Lap 4	0.35	2:08	6:05	3	0:26	38	0:52	1.40	8:43	6:13	3	1:54	36	3:48
Lap 5	0.35	2:10	6:11	3	0:28	38	0:51	1.75	10:53	6:13	3	2:22	36	4:39
Lap 6	0.35	2:11	6:14	3	0:31	38	0:51	2.10	13:04	6:13	3	2:53	36	5:30
Lap 7	0.35	2:13	6:20	3	0:31	37	0:53	2.45	15:17	6:14	3	3:24	36	6:23
Lap 8	0.35	2:12	6:17	3	0:31	38	0:51	2.80	17:29	6:14	3	3:55	36	7:14
Lap 9	0.35	2:13	6:20	3	0:34	38	0:51	3.15	19:42	6:15	3	4:29	36	8:05
Lap 10	0.35	2:13	6:20	3	0:31	37	0:51	3.50	21:55	6:15	3	5:00	36	8:56
Lap 11	0.35	2:12	6:17	3	0:30	37	0:50	3.85	24:07	6:15	3	5:30	36	9:46
Lap 12	0.35	2:14	6:22	3	0:33	38	0:50	4.20	26:21	6:16	3	6:03	37	10:36
Lap 13	0.35	2:14	6:22	3	0:30	38	0:52	4.55	28:35	6:16	3	6:33	37	11:28
Lap 14	0.35	2:15	6:25	3	0:32	37	0:51	4.90	30:50	6:17	3	7:05	37	12:19
Lap 15	0.35	2:11	6:14	3	0:28	38	0:49	5.25	33:01	6:17	3	7:33	37	13:08
Lap 16	0.35	2:14	6:22	3	0:30	37	0:50	5.60	35:15	6:17	3	8:03	37	13:58
Lap 17	0.35	2:15	6:25	3	0:34	37	0:52	5.95	37:30	6:18	3	8:37	37	14:50
Lap 18	0.35	2:15	6:25	3	0:31	37	0:51	6.30	39:45	6:18	3	9:08	37	15:41
Lap 19	0.35	2:15	6:25	3	0:31	37	0:51	6.65	42:00	6:18	3	9:39	37	16:32
Lap 20	0.35	2:17	6:31	3	0:34	37	0:53	7.00	44:17	6:19	3	10:13	37	17:25
Lap 21	0.35	2:17	6:31	3	0:35	37	0:54	7.35	46:34	6:20	3	10:48	37	18:19
Lap 22	0.35	2:16	6:28	3	0:33	37	0:52	7.70	48:50	6:20	3	11:21	37	19:11
Lap 23	0.35	2:17	6:31	3	0:33	37	0:54	8.05	51:07	6:20	3	11:54	37	20:05
Lap 24	0.35	2:16	6:28	3	0:33	37	0:53	8.40	53:23	6:21	3	12:27	37	20:58
Lap 25	0.35	2:17	6:31	3	0:34	37	0:54	8.75	55:40	6:21	3	13:01	37	21:52
Lap 26	0.35	2:11	6:14	3	0:29	36	0:48	9.10	57:51	6:21	3	13:30	37	22:40
Lap 27	0.35	2:02	5:48	3	0:20	35	0:39	9.45	59:53	6:20	3	13:50	37	23:19