



1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

Detailed evaluation

Hannes Beck

Club: Grün-Weiß Plaue

Number: 2

Course: 0.35 km/Lap

Halbstundenlauf

Category:

männliche Jugend U14 (12/13)

Total time: 28:39

Speed: 8.38 km/h

Running performance: 5:50 min/km

Laps: 14 (4.9 km)

Rank in course/Men: 16 (of 23)

Rank in category: 1(of 3)

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Lap 1	0.35	2:00	5:42	1	-	16	0:36	0.35	2:00	5:42	1	-	16	0:36
Lap 2	0.35	2:04	5:54	1	-	17	0:40	0.70	4:04	5:48	1	-	16	1:16
Lap 3	0.35	2:06	6:00	1	-	17	0:41	1.05	6:10	5:52	1	-	17	1:57
Lap 4	0.35	2:06	6:00	1	-	17	0:39	1.40	8:16	5:54	1	-	17	2:36
Lap 5	0.35	2:13	6:20	2	0:01	18	0:46	1.75	10:29	5:59	2	0:01	18	3:22
Lap 6	0.35	2:16	6:28	2	0:05	19	0:59	2.10	12:45	6:04	1	-	18	4:11
Lap 7	0.35	1:57	5:34	1	-	14	0:29	2.45	14:42	6:00	1	-	17	4:40
Lap 8	0.35	2:05	5:57	1	-	16	0:35	2.80	16:47	5:59	1	-	17	5:15
Lap 9	0.35	2:01	5:45	1	-	15	0:33	3.15	18:48	5:58	1	-	17	5:48
Lap 10	0.35	1:57	5:34	1	-	11	0:27	3.50	20:45	5:55	1	-	17	6:15
Lap 11	0.35	2:01	5:45	1	-	13	0:31	3.85	22:46	5:54	1	-	17	6:46
Lap 12	0.35	2:05	5:57	1	-	15	0:34	4.20	24:51	5:55	1	-	17	7:20
Lap 13	0.35	1:53	5:22	1	-	6	0:22	4.55	26:44	5:52	1	-	16	7:42
Lap 14	0.35	1:55	5:28	1	-	8	0:23	4.90	28:39	5:50	1	-	16	8:05