



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: 10.26 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 km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Pos Cat. | Behind Cat. | Total ranking | | |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-------------|----------------|-----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | | | Total min/km | Pos Men | Behind Men |
| 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 |