



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

Arnstadt / 20.03.2024

## Detailed evaluation

Josh Krüger

Club: SV 09 Arnstadt

Number: 10

Course: 0.35 km/Lap

Halbstundenlauf

Category:

männliche Jugend U14 (12/13)

Total time: 29:02

Speed: 9.40 km/h

Running performance: 6:22 min/km

Laps: 13 (4.55 km)

Rank in course/Men: 18 (of 23)

Rank in category: 2(of 3)

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	2:02	5:48	3	0:02	19	0:38	0.35	2:02	5:48	3	0:02	19	0:38
Lap 2	0.35	2:04	5:54	1	-	17	0:40	0.70	4:06	5:51	3	0:02	19	1:18
Lap 3	0.35	2:06	6:00	1	-	17	0:41	1.05	6:12	5:54	3	0:02	19	1:59
Lap 4	0.35	2:13	6:20	3	0:07	19	0:46	1.40	8:25	6:00	3	0:09	19	2:45
Lap 5	0.35	2:13	6:20	2	0:01	18	0:46	1.75	10:38	6:04	3	0:10	19	3:31
Lap 6	0.35	2:11	6:14	1	-	18	0:54	2.10	12:49	6:06	3	0:04	20	4:15
Lap 7	0.35	2:20	6:40	2	0:23	18	0:52	2.45	15:09	6:11	3	0:27	19	5:07
Lap 8	0.35	2:24	6:51	3	0:19	20	0:54	2.80	17:33	6:16	3	0:46	19	6:01
Lap 9	0.35	2:16	6:28	3	0:15	19	0:48	3.15	19:49	6:17	3	1:01	19	6:49
Lap 10	0.35	2:24	6:51	3	0:27	19	0:54	3.50	22:13	6:20	3	1:28	19	7:43
Lap 11	0.35	2:19	6:37	2	0:18	17	0:49	3.85	24:32	6:22	3	1:46	19	8:32
Lap 12	0.35	2:16	6:28	2	0:11	17	0:45	4.20	26:48	6:22	2	1:57	18	9:17
Lap 13	0.35	2:14	6:22	3	0:21	18	0:43	4.55	29:02	6:22	2	2:18	18	10:00