



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

Arnstadt / 20.03.2024

Detailed evaluation

Andreas Kerber

Club: Rennsteiglaufverein

Number: 53

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M60 (60-64)

Total time: 59:27

Speed: 11.10 km/h

Running performance: 5:18 min/km

Laps: 32 (11.2 km)

Rank in course/Men: 21 (of 36)

Rank in category: 1(of 4)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men				
Lap 1	0.35	1:38	4:40	1	-	16	0:33	0.35	1:38	4:40	1	-	16	0:33			
Lap 2	0.35	1:44	4:57	1	-	21	0:31	0.70	3:22	4:48	1	-	19	1:04			
Lap 3	0.35	1:48	5:08	2	0:05	23	0:31	1.05	5:10	4:55	1	-	21	1:35			
Lap 4	0.35	1:50	5:14	2	0:02	25	0:33	1.40	7:00	5:00	1	-	21	2:08			
Lap 5	0.35	1:51	5:17	2	0:03	25	0:33	1.75	8:51	5:03	2	0:01	23	2:41			
Lap 6	0.35	1:50	5:14	2	0:03	25	0:31	2.10	10:41	5:05	2	0:04	24	3:12			
Lap 7	0.35	1:50	5:14	1	-	22	0:30	2.45	12:31	5:06	2	0:03	24	3:42			
Lap 8	0.35	1:50	5:14	2	0:04	23	0:30	2.80	14:21	5:07	2	0:07	24	4:12			
Lap 9	0.35	1:52	5:20	2	0:01	23	0:32	3.15	16:13	5:08	2	0:08	23	4:44			
Lap 10	0.35	1:51	5:17	1	-	22	0:31	3.50	18:04	5:09	2	0:07	23	5:15			
Lap 11	0.35	1:51	5:17	1	-	22	0:31	3.85	19:55	5:10	2	0:07	23	5:46			
Lap 12	0.35	1:52	5:20	1	-	22	0:34	4.20	21:47	5:11	2	0:07	23	6:20			
Lap 13	0.35	1:53	5:22	2	0:04	23	0:33	4.55	23:40	5:12	2	0:11	23	6:53			
Lap 14	0.35	1:52	5:20	2	0:02	23	0:33	4.90	25:32	5:12	2	0:13	23	7:26			
Lap 15	0.35	1:53	5:22	1	-	23	0:32	5.25	27:25	5:13	2	0:13	23	7:58			
Lap 16	0.35	1:51	5:17	1	-	22	0:31	5.60	29:16	5:13	2	0:10	23	8:29			
Lap 17	0.35	1:51	5:17	1	-	23	0:30	5.95	31:07	5:13	2	0:07	23	8:59			
Lap 18	0.35	1:52	5:20	2	0:01	23	0:33	6.30	32:59	5:14	2	0:08	23	9:32			
Lap 19	0.35	1:54	5:25	2	0:01	24	0:33	6.65	34:53	5:14	2	0:04	23	10:05			
Lap 20	0.35	1:53	5:22	1	-	21	0:33	7.00	36:46	5:15	1	-	21	10:38			
Lap 21	0.35	1:52	5:20	1	-	21	0:31	7.35	38:38	5:15	1	-	21	11:09			
Lap 22	0.35	1:55	5:28	2	0:01	23	0:34	7.70	40:33	5:15	1	-	21	11:43			
Lap 23	0.35	1:55	5:28	2	0:01	23	0:33	8.05	42:28	5:16	1	-	21	12:16			
Lap 24	0.35	1:54	5:25	1	-	20	0:32	8.40	44:22	5:16	1	-	21	12:48			
Lap 25	0.35	1:56	5:31	3	0:02	24	0:34	8.75	46:18	5:17	1	-	21	13:22			
Lap 26	0.35	1:55	5:28	3	0:01	24	0:34	9.10	48:13	5:17	1	-	21	13:56			
Lap 27	0.35	1:53	5:22	1	-	21	0:30	9.45	50:06	5:18	1	-	21	14:26			
Lap 28	0.35	1:54	5:25	2	0:03	24	0:30	9.80	52:00	5:18	1	-	21	14:56			
Lap 29	0.35	1:54	5:25	2	0:03	24	0:32	10.15	53:54	5:18	1	-	21	15:28			
Lap 30	0.35	1:49	5:11	1	-	24	0:27	10.50	55:43	5:18	1	-	21	15:55			



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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	1:53	5:22	3	0:02	24	0:31	10.85	57:36	5:18	1	-	21	16:26
Lap 32	0.35	1:51	5:17	2	0:06	23	0:30	11.20	59:27	5:18	1	-	21	16:56