



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 min/km | Pos Cat. | Behind Cat. | Total ranking | |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|---------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | | | | Pos Men | Behind 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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Intermediate times

Stage score

Total ranking

| 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 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 |