



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

Arnstadt / 20.03.2024

## Detailed evaluation

**Felix Beck**

Club: HSG IIm-Kreis

Number: 1

Course: 0.35 km/Lap

Halbstundenlauf

Category:

männliche Jugend U14 (12/13)

Total time: 29:06

Speed: 8.25 km/h

Running performance: 6:23 min/km

Laps: 13 (4.55 km)

Rank in course/Men: 19 (of 23)

Rank in category: 3(of 3)

| Intermediate times |          |            |              | Stage score |             |         |            | Total ranking |            |              |          |             |         |            |
|--------------------|----------|------------|--------------|-------------|-------------|---------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| Control            | 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     | 2:00       | 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     | 2:12       | 6:17         | 1           | -           | 17      | 0:45       | 1.75          | 10:28      | 5:58         | 1        | -           | 17      | 3:21       |
| Lap 6              | 0.35     | 2:17       | 6:31         | 3           | 0:06        | 20      | 1:00       | 2.10          | 12:45      | 6:04         | 1        | -           | 18      | 4:11       |
| Lap 7              | 0.35     | 2:23       | 6:48         | 3           | 0:26        | 20      | 0:55       | 2.45          | 15:08      | 6:10         | 2        | 0:26        | 18      | 5:06       |
| Lap 8              | 0.35     | 2:18       | 6:34         | 2           | 0:13        | 17      | 0:48       | 2.80          | 17:26      | 6:13         | 2        | 0:39        | 18      | 5:54       |
| Lap 9              | 0.35     | 2:14       | 6:22         | 2           | 0:13        | 18      | 0:46       | 3.15          | 19:40      | 6:14         | 2        | 0:52        | 18      | 6:40       |
| Lap 10             | 0.35     | 2:17       | 6:31         | 2           | 0:20        | 18      | 0:47       | 3.50          | 21:57      | 6:16         | 2        | 1:12        | 18      | 7:27       |
| Lap 11             | 0.35     | 2:33       | 7:17         | 3           | 0:32        | 20      | 1:03       | 3.85          | 24:30      | 6:21         | 2        | 1:44        | 18      | 8:30       |
| Lap 12             | 0.35     | 2:33       | 7:17         | 3           | 0:28        | 20      | 1:02       | 4.20          | 27:03      | 6:26         | 3        | 2:12        | 19      | 9:32       |
| Lap 13             | 0.35     | 2:03       | 5:51         | 2           | 0:10        | 17      | 0:32       | 4.55          | 29:06      | 6:23         | 3        | 2:22        | 19      | 10:04      |