



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

Arnstadt / 20.03.2024

Detailed evaluation

Andreas Beck

Club: LSV Lok Arnstadt

Number: 46

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M65 (65-69)

Total time: 59:53

Speed: 9.02 km/h

Running performance: 6:06 min/km

Laps: 28 (9.8 km)

Rank in course/Men: 31 (of 36)

Rank in category: 2(of 3)

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	0.35	2:03	5:51	2	0:22	31	0:58	0.35	2:03	5:51	2	0:22	31	0:58
Lap 2	0.35	2:11	6:14	3	0:29	34	0:58	0.70	4:14	6:02	2	0:51	33	1:56
Lap 3	0.35	2:04	5:54	2	0:22	33	0:47	1.05	6:18	6:00	2	1:13	33	2:43
Lap 4	0.35	2:05	5:57	2	0:19	33	0:48	1.40	8:23	5:59	2	1:32	33	3:31
Lap 5	0.35	2:05	5:57	2	0:18	32	0:47	1.75	10:28	5:58	2	1:50	33	4:18
Lap 6	0.35	2:05	5:57	2	0:18	32	0:46	2.10	12:33	5:58	2	2:08	33	5:04
Lap 7	0.35	2:06	6:00	2	0:20	33	0:46	2.45	14:39	5:58	2	2:28	33	5:50
Lap 8	0.35	2:05	5:57	2	0:19	32	0:45	2.80	16:44	5:58	2	2:47	33	6:35
Lap 9	0.35	2:06	6:00	2	0:19	32	0:46	3.15	18:50	5:58	2	3:06	33	7:21
Lap 10	0.35	2:05	5:57	2	0:18	32	0:45	3.50	20:55	5:58	2	3:24	33	8:06
Lap 11	0.35	2:08	6:05	2	0:23	32	0:48	3.85	23:03	5:59	2	3:47	33	8:54
Lap 12	0.35	2:09	6:08	2	0:23	32	0:51	4.20	25:12	6:00	2	4:10	32	9:45
Lap 13	0.35	2:09	6:08	2	0:23	32	0:49	4.55	27:21	6:00	2	4:33	32	10:34
Lap 14	0.35	2:09	6:08	2	0:25	32	0:50	4.90	29:30	6:01	2	4:58	32	11:24
Lap 15	0.35	2:07	6:02	2	0:20	32	0:46	5.25	31:37	6:01	2	5:18	32	12:10
Lap 16	0.35	2:13	6:20	2	0:26	32	0:53	5.60	33:50	6:02	2	5:44	32	13:03
Lap 17	0.35	2:10	6:11	2	0:25	32	0:49	5.95	36:00	6:03	2	6:09	32	13:52
Lap 18	0.35	2:10	6:11	2	0:23	32	0:51	6.30	38:10	6:03	2	6:32	32	14:43
Lap 19	0.35	2:11	6:14	2	0:25	32	0:50	6.65	40:21	6:04	2	6:57	32	15:33
Lap 20	0.35	2:14	6:22	2	0:28	31	0:54	7.00	42:35	6:05	2	7:25	31	16:27
Lap 21	0.35	2:13	6:20	2	0:26	31	0:52	7.35	44:48	6:05	2	7:51	31	17:19
Lap 22	0.35	2:12	6:17	2	0:24	30	0:51	7.70	47:00	6:06	2	8:15	31	18:10
Lap 23	0.35	2:14	6:22	2	0:27	31	0:52	8.05	49:14	6:06	2	8:42	31	19:02
Lap 24	0.35	2:12	6:17	2	0:26	31	0:50	8.40	51:26	6:07	2	9:08	31	19:52
Lap 25	0.35	2:11	6:14	2	0:24	30	0:49	8.75	53:37	6:07	2	9:32	31	20:41
Lap 26	0.35	2:10	6:11	3	0:22	32	0:49	9.10	55:47	6:07	2	9:54	31	21:30
Lap 27	0.35	2:09	6:08	3	0:23	31	0:46	9.45	57:56	6:07	2	10:17	31	22:16
Lap 28	0.35	1:57	5:34	2	0:12	25	0:33	9.80	59:53	6:06	2	10:29	31	22:49