



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

Arnstadt / 20.03.2024

evaluación detallada

Sebastian Petermann

Asociación: Kesselbrunn Runners

Dorsal: 58

recorrido: 0.35 km/vuelta

Stundenlauf

categoría:

Senioren M40 (40-44)

tiempo total: 59:52

velocidad: 10.02 km/h

rendimiento en carrera: 5:42 min/km

Laps: 30 (10.5 km)

posición en el recorrido/Men: 27 (de 36)

posición en la categoría: 6(de 7)

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapaposisió min/km | stage score | | | Total score | | | | | | | |
|-----------|-------------|-----------------|------------------------|-------------|----------|---------|-------------|-----------------|-------------------|---------|----------|---------|----|-------|
| | | | | retraso | posición | retraso | Total km | Total tiempo | Total posición | retraso | posición | retraso | | |
| | | | | Men | Men | Men | Men | Men | Men | Men | Men | Men | | |
| vuelta 1 | 0.35 | 1:53 | 5:22 | 7 | 0:48 | 27 | 0:48 | 0.35 | 1:53 | 5:22 | 7 | 0:48 | 27 | 0:48 |
| vuelta 2 | 0.35 | 1:48 | 5:08 | 7 | 0:35 | 25 | 0:35 | 0.70 | 3:41 | 5:15 | 7 | 1:23 | 26 | 1:23 |
| vuelta 3 | 0.35 | 1:48 | 5:08 | 7 | 0:31 | 23 | 0:31 | 1.05 | 5:29 | 5:13 | 7 | 1:54 | 26 | 1:54 |
| vuelta 4 | 0.35 | 1:54 | 5:25 | 7 | 0:37 | 27 | 0:37 | 1.40 | 7:23 | 5:16 | 7 | 2:31 | 26 | 2:31 |
| vuelta 5 | 0.35 | 1:55 | 5:28 | 7 | 0:37 | 28 | 0:37 | 1.75 | 9:18 | 5:18 | 7 | 3:08 | 26 | 3:08 |
| vuelta 6 | 0.35 | 1:59 | 5:40 | 7 | 0:40 | 30 | 0:40 | 2.10 | 11:17 | 5:22 | 7 | 3:48 | 26 | 3:48 |
| vuelta 7 | 0.35 | 1:57 | 5:34 | 7 | 0:37 | 29 | 0:37 | 2.45 | 13:14 | 5:24 | 7 | 4:25 | 26 | 4:25 |
| vuelta 8 | 0.35 | 1:55 | 5:28 | 7 | 0:35 | 27 | 0:35 | 2.80 | 15:09 | 5:24 | 7 | 5:00 | 26 | 5:00 |
| vuelta 9 | 0.35 | 2:00 | 5:42 | 7 | 0:40 | 30 | 0:40 | 3.15 | 17:09 | 5:26 | 7 | 5:40 | 26 | 5:40 |
| vuelta 10 | 0.35 | 1:56 | 5:31 | 7 | 0:36 | 26 | 0:36 | 3.50 | 19:05 | 5:27 | 7 | 6:16 | 26 | 6:16 |
| vuelta 11 | 0.35 | 1:58 | 5:37 | 7 | 0:38 | 26 | 0:38 | 3.85 | 21:03 | 5:28 | 7 | 6:54 | 26 | 6:54 |
| vuelta 12 | 0.35 | 1:58 | 5:37 | 7 | 0:40 | 26 | 0:40 | 4.20 | 23:01 | 5:28 | 7 | 7:34 | 26 | 7:34 |
| vuelta 13 | 0.35 | 1:54 | 5:25 | 7 | 0:34 | 25 | 0:34 | 4.55 | 24:55 | 5:28 | 7 | 8:08 | 26 | 8:08 |
| vuelta 14 | 0.35 | 2:00 | 5:42 | 7 | 0:41 | 27 | 0:41 | 4.90 | 26:55 | 5:29 | 7 | 8:49 | 26 | 8:49 |
| vuelta 15 | 0.35 | 2:02 | 5:48 | 7 | 0:41 | 29 | 0:41 | 5.25 | 28:57 | 5:30 | 7 | 9:30 | 26 | 9:30 |
| vuelta 16 | 0.35 | 2:02 | 5:48 | 7 | 0:42 | 28 | 0:42 | 5.60 | 30:59 | 5:31 | 7 | 10:12 | 26 | 10:12 |
| vuelta 17 | 0.35 | 2:02 | 5:48 | 7 | 0:41 | 27 | 0:41 | 5.95 | 33:01 | 5:32 | 7 | 10:53 | 26 | 10:53 |
| vuelta 18 | 0.35 | 2:02 | 5:48 | 7 | 0:43 | 27 | 0:43 | 6.30 | 35:03 | 5:33 | 7 | 11:36 | 27 | 11:36 |
| vuelta 19 | 0.35 | 2:02 | 5:48 | 7 | 0:41 | 27 | 0:41 | 6.65 | 37:05 | 5:34 | 7 | 12:17 | 27 | 12:17 |
| vuelta 20 | 0.35 | 2:03 | 5:51 | 6 | 0:43 | 25 | 0:43 | 7.00 | 39:08 | 5:35 | 6 | 13:00 | 26 | 13:00 |
| vuelta 21 | 0.35 | 2:02 | 5:48 | 6 | 0:41 | 27 | 0:41 | 7.35 | 41:10 | 5:36 | 6 | 13:41 | 26 | 13:41 |
| vuelta 22 | 0.35 | 2:07 | 6:02 | 6 | 0:46 | 27 | 0:46 | 7.70 | 43:17 | 5:37 | 6 | 14:27 | 26 | 14:27 |
| vuelta 23 | 0.35 | 2:07 | 6:02 | 6 | 0:45 | 27 | 0:45 | 8.05 | 45:24 | 5:38 | 6 | 15:12 | 26 | 15:12 |
| vuelta 24 | 0.35 | 2:06 | 6:00 | 6 | 0:44 | 27 | 0:44 | 8.40 | 47:30 | 5:39 | 6 | 15:56 | 26 | 15:56 |
| vuelta 25 | 0.35 | 2:06 | 6:00 | 6 | 0:44 | 27 | 0:44 | 8.75 | 49:36 | 5:40 | 6 | 16:40 | 26 | 16:40 |
| vuelta 26 | 0.35 | 2:08 | 6:05 | 6 | 0:47 | 26 | 0:47 | 9.10 | 51:44 | 5:41 | 6 | 17:27 | 26 | 17:27 |
| vuelta 27 | 0.35 | 2:07 | 6:02 | 6 | 0:44 | 29 | 0:44 | 9.45 | 53:51 | 5:41 | 6 | 18:11 | 27 | 18:11 |
| vuelta 28 | 0.35 | 2:08 | 6:05 | 6 | 0:44 | 29 | 0:44 | 9.80 | 55:59 | 5:42 | 6 | 18:55 | 27 | 18:55 |
| vuelta 29 | 0.35 | 2:08 | 6:05 | 6 | 0:46 | 30 | 0:46 | 10.15 | 58:07 | 5:43 | 6 | 19:41 | 27 | 19:41 |
| vuelta 30 | 0.35 | 1:45 | 5:00 | 6 | 0:23 | 15 | 0:23 | 10.50 | 59:52 | 5:42 | 6 | 20:04 | 27 | 20:04 |