



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

Arnstadt / 20.03.2024

## Exploitation détaillée

**Andreas Kerber**

Association: Rennsteiglaufverein

Dossard: 53

Circuit: 0.35 km/Tour

Stundenlauf

Catégorie:

Senioren M60 (60-64)

Temps total: 59:27

Vitesse: 11.10 km/h

Kilométrage: 5:18 min/km

Tours: 32 (11.2 km)

Place par parcours/Hommes: 21 (de 36)

Place par catégorie: 1(de 4)

| Poste   | Temps intermédiaires |             |              |             |              |            |             | Résultats d'étape |             |              |             |              |            |             | Résultat total |  |  |  |
|---------|----------------------|-------------|--------------|-------------|--------------|------------|-------------|-------------------|-------------|--------------|-------------|--------------|------------|-------------|----------------|--|--|--|
|         | Etape km             | Etape Temps | Etape min/km | Place catg. | Retard catg. | Place Homm | Retard Homm | Total km          | Total Temps | Total min/km | Place catg. | Retard catg. | Place Homm | Retard Homm |                |  |  |  |
| Tour 1  | 0.35                 | 1:38        | 4:40         | 1           | -            | 16         | 0:33        | 0.35              | 1:38        | 4:40         | 1           | -            | 16         | 0:33        |                |  |  |  |
| Tour 2  | 0.35                 | 1:44        | 4:57         | 1           | -            | 21         | 0:31        | 0.70              | 3:22        | 4:48         | 1           | -            | 19         | 1:04        |                |  |  |  |
| Tour 3  | 0.35                 | 1:48        | 5:08         | 2           | 0:05         | 23         | 0:31        | 1.05              | 5:10        | 4:55         | 1           | -            | 21         | 1:35        |                |  |  |  |
| Tour 4  | 0.35                 | 1:50        | 5:14         | 2           | 0:02         | 25         | 0:33        | 1.40              | 7:00        | 5:00         | 1           | -            | 21         | 2:08        |                |  |  |  |
| Tour 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        |                |  |  |  |
| Tour 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        |                |  |  |  |
| Tour 7  | 0.35                 | 1:50        | 5:14         | 1           | -            | 22         | 0:30        | 2.45              | 12:31       | 5:06         | 2           | 0:03         | 24         | 3:42        |                |  |  |  |
| Tour 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        |                |  |  |  |
| Tour 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        |                |  |  |  |
| Tour 10 | 0.35                 | 1:51        | 5:17         | 1           | -            | 22         | 0:31        | 3.50              | 18:04       | 5:09         | 2           | 0:07         | 23         | 5:15        |                |  |  |  |
| Tour 11 | 0.35                 | 1:51        | 5:17         | 1           | -            | 22         | 0:31        | 3.85              | 19:55       | 5:10         | 2           | 0:07         | 23         | 5:46        |                |  |  |  |
| Tour 12 | 0.35                 | 1:52        | 5:20         | 1           | -            | 22         | 0:34        | 4.20              | 21:47       | 5:11         | 2           | 0:07         | 23         | 6:20        |                |  |  |  |
| Tour 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        |                |  |  |  |
| Tour 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        |                |  |  |  |
| Tour 15 | 0.35                 | 1:53        | 5:22         | 1           | -            | 23         | 0:32        | 5.25              | 27:25       | 5:13         | 2           | 0:13         | 23         | 7:58        |                |  |  |  |
| Tour 16 | 0.35                 | 1:51        | 5:17         | 1           | -            | 22         | 0:31        | 5.60              | 29:16       | 5:13         | 2           | 0:10         | 23         | 8:29        |                |  |  |  |
| Tour 17 | 0.35                 | 1:51        | 5:17         | 1           | -            | 23         | 0:30        | 5.95              | 31:07       | 5:13         | 2           | 0:07         | 23         | 8:59        |                |  |  |  |
| Tour 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        |                |  |  |  |
| Tour 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       |                |  |  |  |
| Tour 20 | 0.35                 | 1:53        | 5:22         | 1           | -            | 21         | 0:33        | 7.00              | 36:46       | 5:15         | 1           | -            | 21         | 10:38       |                |  |  |  |
| Tour 21 | 0.35                 | 1:52        | 5:20         | 1           | -            | 21         | 0:31        | 7.35              | 38:38       | 5:15         | 1           | -            | 21         | 11:09       |                |  |  |  |
| Tour 22 | 0.35                 | 1:55        | 5:28         | 2           | 0:01         | 23         | 0:34        | 7.70              | 40:33       | 5:15         | 1           | -            | 21         | 11:43       |                |  |  |  |
| Tour 23 | 0.35                 | 1:55        | 5:28         | 2           | 0:01         | 23         | 0:33        | 8.05              | 42:28       | 5:16         | 1           | -            | 21         | 12:16       |                |  |  |  |
| Tour 24 | 0.35                 | 1:54        | 5:25         | 1           | -            | 20         | 0:32        | 8.40              | 44:22       | 5:16         | 1           | -            | 21         | 12:48       |                |  |  |  |
| Tour 25 | 0.35                 | 1:56        | 5:31         | 3           | 0:02         | 24         | 0:34        | 8.75              | 46:18       | 5:17         | 1           | -            | 21         | 13:22       |                |  |  |  |
| Tour 26 | 0.35                 | 1:55        | 5:28         | 3           | 0:01         | 24         | 0:34        | 9.10              | 48:13       | 5:17         | 1           | -            | 21         | 13:56       |                |  |  |  |
| Tour 27 | 0.35                 | 1:53        | 5:22         | 1           | -            | 21         | 0:30        | 9.45              | 50:06       | 5:18         | 1           | -            | 21         | 14:26       |                |  |  |  |
| Tour 28 | 0.35                 | 1:54        | 5:25         | 2           | 0:03         | 24         | 0:30        | 9.80              | 52:00       | 5:18         | 1           | -            | 21         | 14:56       |                |  |  |  |
| Tour 29 | 0.35                 | 1:54        | 5:25         | 2           | 0:03         | 24         | 0:32        | 10.15             | 53:54       | 5:18         | 1           | -            | 21         | 15:28       |                |  |  |  |
| Tour 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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Temps intermédiaires

Résultats d'étape

Résultat total

| Poste   | Temps intermédiaires |             |              | Résultats d'étape |              |            |             | Résultat total |             |              |             |              |            |             |
|---------|----------------------|-------------|--------------|-------------------|--------------|------------|-------------|----------------|-------------|--------------|-------------|--------------|------------|-------------|
|         | Etape km             | Etape Temps | Etape min/km | Place catg.       | Retard catg. | Place Homm | Retard Homm | Total km       | Total Temps | Total min/km | Place catg. | Retard catg. | Place Homm | Retard Homm |
| Tour 31 | 0.35                 | 1:53        | 5:22         | 3                 | 0:02         | 24         | 0:31        | 10.85          | 57:36       | 5:18         | 1           | -            | 21         | 16:26       |
| Tour 32 | 0.35                 | 1:51        | 5:17         | 2                 | 0:06         | 23         | 0:30        | 11.20          | 59:27       | 5:18         | 1           | -            | 21         | 16:56       |