



# 1. SPORTident Winter-Stundenlaufserie mit Musik (2. Lauf)

Arnstadt / 21.02.2024

## Detailed evaluation

Janine Urban

Number: 29

Course: 0.35 km/Lap  
Halbstundenlauf

Category:

Seniorinnen W35 (35-39) H

Total time: 30:00

Speed: 8.00 km/h

Running performance: 6:07 min/km

Laps: 14 (4.9 km)

Rank in course/Women: 7 (of 14)

Rank in category: 1(of 1)

### Intermediate times

### Stage score

### Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	0.35	2:07	6:02	1	-	9	0:47	0.35	2:07	6:02	1	-	9	0:47
Lap 2	0.35	1:58	5:37	1	-	7	0:32	0.70	4:05	5:49	1	-	7	1:19
Lap 3	0.35	2:04	5:54	1	-	7	0:34	1.05	6:09	5:51	1	-	7	1:53
Lap 4	0.35	2:08	6:05	1	-	7	0:40	1.40	8:17	5:55	1	-	7	2:33
Lap 5	0.35	2:05	5:57	1	-	7	0:34	1.75	10:22	5:55	1	-	7	3:07
Lap 6	0.35	2:04	5:54	1	-	6	0:33	2.10	12:26	5:55	1	-	7	3:40
Lap 7	0.35	2:08	6:05	1	-	7	0:35	2.45	14:34	5:56	1	-	7	4:15
Lap 8	0.35	2:08	6:05	1	-	7	0:38	2.80	16:42	5:57	1	-	7	4:53
Lap 9	0.35	2:15	6:25	1	-	8	0:43	3.15	18:57	6:00	1	-	7	5:36
Lap 10	0.35	2:20	6:40	1	-	8	0:48	3.50	21:17	6:04	1	-	7	6:24
Lap 11	0.35	2:25	6:54	1	-	8	0:53	3.85	23:42	6:09	1	-	7	7:17
Lap 12	0.35	2:09	6:08	1	-	7	0:36	4.20	25:51	6:09	1	-	7	7:53
Lap 13	0.35	2:13	6:20	1	-	7	0:39	4.55	28:04	6:10	1	-	7	8:32
Lap 14	0.35	1:56	5:31	1	-	3	0:22	4.90	30:00	6:07	1	-	7	8:54