



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

Arnstadt / 21.02.2024

## Detailed evaluation

Jenny Gräßler

Number: 52

Course: 0.35 km/Lap  
Stundenlauf

Category:

Seniorinnen W35 (35-39)

Total time: 59:43

Speed: 10.05 km/h

Running performance: 5:53 min/km

Laps: 29 (10.15 km)

Rank in course/Women: 5 (of 13)

Rank in category: 2(of 4)

Control	Intermediate times							Stage score				Total ranking			
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	0.35	1:41	4:48	1	-	3	0:11	0.35	1:41	4:48	1	-	3	0:11	
Lap 2	0.35	1:48	5:08	1	-	3	0:21	0.70	3:29	4:58	1	-	3	0:32	
Lap 3	0.35	1:52	5:20	1	-	4	0:27	1.05	5:21	5:05	1	-	3	0:59	
Lap 4	0.35	1:56	5:31	2	0:05	6	0:10	1.40	7:17	5:12	1	-	3	1:09	
Lap 5	0.35	1:57	5:34	2	0:04	5	0:33	1.75	9:14	5:16	1	-	4	1:42	
Lap 6	0.35	2:02	5:48	2	0:07	6	0:37	2.10	11:16	5:21	2	0:01	5	2:19	
Lap 7	0.35	2:02	5:48	2	0:07	6	0:35	2.45	13:18	5:25	2	0:08	5	2:54	
Lap 8	0.35	2:03	5:51	2	0:09	6	0:14	2.80	15:21	5:28	2	0:17	5	3:08	
Lap 9	0.35	2:06	6:00	2	0:13	6	0:40	3.15	17:27	5:32	2	0:30	5	3:48	
Lap 10	0.35	2:05	5:57	2	0:14	6	0:39	3.50	19:32	5:34	2	0:44	5	4:27	
Lap 11	0.35	2:04	5:54	2	0:09	5	0:37	3.85	21:36	5:36	2	0:53	5	5:04	
Lap 12	0.35	2:08	6:05	2	0:13	6	0:19	4.20	23:44	5:39	2	1:06	5	5:22	
Lap 13	0.35	2:08	6:05	2	0:14	6	0:42	4.55	25:52	5:41	2	1:20	5	6:04	
Lap 14	0.35	2:07	6:02	2	0:13	6	0:39	4.90	27:59	5:42	2	1:33	5	6:43	
Lap 15	0.35	2:07	6:02	2	0:12	6	0:40	5.25	30:06	5:44	2	1:45	5	7:23	
Lap 16	0.35	2:10	6:11	2	0:16	6	0:19	5.60	32:16	5:45	2	2:01	5	7:40	
Lap 17	0.35	2:11	6:14	2	0:17	6	0:43	5.95	34:27	5:47	2	2:18	5	8:23	
Lap 18	0.35	2:08	6:05	2	0:12	5	0:39	6.30	36:35	5:48	2	2:30	5	9:02	
Lap 19	0.35	2:10	6:11	2	0:12	5	0:42	6.65	38:45	5:49	2	2:42	5	9:44	
Lap 20	0.35	2:08	6:05	2	0:13	5	0:15	7.00	40:53	5:50	2	2:55	5	9:57	
Lap 21	0.35	2:09	6:08	2	0:15	5	0:42	7.35	43:02	5:51	2	3:10	5	10:39	
Lap 22	0.35	2:08	6:05	2	0:11	5	0:40	7.70	45:10	5:51	2	3:21	5	11:19	
Lap 23	0.35	2:08	6:05	2	0:13	5	0:40	8.05	47:18	5:52	2	3:34	5	11:59	
Lap 24	0.35	2:05	5:57	2	0:09	5	0:11	8.40	49:23	5:52	2	3:43	5	12:10	
Lap 25	0.35	2:06	6:00	2	0:11	5	0:37	8.75	51:29	5:53	2	3:54	5	12:47	
Lap 26	0.35	2:07	6:02	2	0:11	5	0:38	9.10	53:36	5:53	2	4:05	5	13:25	
Lap 27	0.35	2:05	5:57	2	0:12	5	0:36	9.45	55:41	5:53	2	4:17	5	14:01	
Lap 28	0.35	2:03	5:51	2	0:09	5	0:09	9.80	57:44	5:53	2	4:26	5	14:08	
Lap 29	0.35	1:59	5:40	2	0:04	4	0:28	10.15	59:43	5:53	2	4:30	5	14:36	