



1. Arnstädter Frühlingsstaffel

Arnstadt / 29.05.2013

Detailed evaluation

Staffel SV Ichtershausen

Club: Staffel SV Ichtershausen

Number: 4

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 28:32

Speed: 12.62 km/h

Running performance: 4:46 min/km

Rank in course: 3 (of 16)

Best time in course: 25:33

Rank in category: 3(of 16)

Best time in the category: 25:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Wechsel	1.20	4:52	4:03	2	0:08	2	0:08	1.20	4:52	4:03	1	-	1	-
Wechsel	1.20	6:21	5:17	6	1:16	6	1:16	2.40	11:13	4:40	1	-	1	-
Wechsel	1.20	5:22	4:28	1	-	1	-	3.60	16:35	4:36	1	-	1	-
Wechsel	1.20	6:39	5:32	9	1:42	9	1:42	4.80	23:14	4:50	1	-	1	-
Finish	1.20	5:18	4:25	5	0:32	5	0:32	6.00	28:32	4:45	3	2:59	3	2:59