



1. Arnstädter Frühlingsstaffel

Arnstadt / 29.05.2013

Detailed evaluation

Sparkasse Arnstadt-Ilmenau

Club: Sparkasse Arnstadt-Ilmenau

Number: 1

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 35:43

Speed: 10.08 km/h

Running performance: 5:57 min/km

Rank in course: 13 (of 16)

Best time in course: 25:33

Rank in category: 13(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	5:20	4:26	5	0:36	5	0:36	1.20	5:20	4:26	13	0:28	13	0:28
Wechsel	1.20	10:32	8:46	16	5:27	16	5:27	2.40	15:52	6:36	13	4:39	13	4:39
Wechsel	1.20	6:58	5:48	8	1:36	8	1:36	3.60	22:50	6:20	13	6:15	13	6:15
Wechsel	1.20	7:36	6:19	14	2:39	14	2:39	4.80	30:26	6:20	13	7:12	13	7:12
Finish	1.20	5:17	4:24	4	0:31	4	0:31	6.00	35:43	5:57	13	10:10	13	10:10