



1. Arnstädter Frühlingsstaffel

Arnstadt / 29.05.2013

Detailed evaluation

SV Arnstadt

Club: SV Arnstadt

Number: 14

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 28:31

Speed: 12.62 km/h

Running performance: 4:45 min/km

Rank in course: 2 (of 16)

Best time in course: 25:33

Rank in category: 2(of 16)

Best time in the category: 25:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Wechsel	1.20	5:58	4:58	7	7	1:14	1:14	1.20	5:58	4:58	4	4	1:06	1:06
Wechsel	1.20	5:22	4:28	2	2	0:17	0:17	2.40	11:20	4:43	4	4	0:07	0:07
Wechsel	1.20	6:06	5:04	6	6	0:44	0:44	3.60	17:26	4:50	4	4	0:51	0:51
Wechsel	1.20	5:53	4:54	6	6	0:56	0:56	4.80	23:19	4:51	4	4	0:05	0:05
Finish	1.20	5:12	4:20	2	2	0:26	0:26	6.00	28:31	4:45	2	2	2:58	2:58