



1. Arnstädter Frühlingsstaffel

Arnstadt / 29.05.2013

Detailed evaluation

LSV Lok Arnstadt

Club: LSV Lok Arnstadt

Number: 5

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 29:57

Speed: 12.02 km/h

Running performance: 4:59 min/km

Rank in course: 5 (of 16)

Best time in course: 25:33

Rank in category: 5(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	6:10	5:08	11	1:26	11	1:26	1.20	6:10	5:08	5	1:18	5	1:18	
Wechsel	1.20	6:17	5:14	4	1:12	4	1:12	2.40	12:27	5:11	5	1:14	5	1:14	
Wechsel	1.20	5:53	4:54	3	0:31	3	0:31	3.60	18:20	5:05	5	1:45	5	1:45	
Wechsel	1.20	5:30	4:35	3	0:33	3	0:33	4.80	23:50	4:57	5	0:36	5	0:36	
Finish	1.20	6:07	5:05	10	1:21	10	1:21	6.00	29:57	4:59	5	4:24	5	4:24	