



1. Arnstädter Frühlingsstaffel

Arnstadt / 29.05.2013

Detailed evaluation

Katholische Laufjugend Arnstadt

Club: Katholische Laufjugend Arnstadt

Number: 7

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 30:14

Speed: 11.91 km/h

Running performance: 5:02 min/km

Rank in course: 6 (of 16)

Best time in course: 25:33

Rank in category: 6(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	5:59	4:59	8	1:15	8	1:15	1.20	5:59	4:59	6	1:07	6	1:07	
Wechsel	1.20	7:47	6:29	14	2:42	14	2:42	2.40	13:46	5:44	6	2:33	6	2:33	
Wechsel	1.20	5:58	4:58	5	0:36	5	0:36	3.60	19:44	5:28	6	3:09	6	3:09	
Wechsel	1.20	5:18	4:25	2	0:21	2	0:21	4.80	25:02	5:12	6	1:48	6	1:48	
Finish	1.20	5:12	4:20	2	0:26	2	0:26	6.00	30:14	5:02	6	4:41	6	4:41	