



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 | |