



# 4. Arnstädter Alteburgstaffel

Arnstadt / 25.05.2016

## Detailed evaluation

### Indoorbau Röhricht

Club: Indoorbau Röhricht

Number: 23

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 31:16

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course: 11 (of 37)

Best time in course: 25:45

Rank in category: 11(of 37)

Best time in the category: 25:45

### 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     | 4:53       | 4:04         | 3        | 0:46        | 3           | 0:46         | 1.20          | 4:53       | 4:04         | 3        | 0:46        | 3         | 0:46         |
| Wechsel | 1.20     | 8:29       | 7:04         | 31       | 3:31        | 31          | 3:31         | 2.40          | 13:22      | 5:34         | 16       | 3:25        | 16        | 3:25         |
| Wechsel | 1.20     | 6:18       | 5:15         | 10       | 1:17        | 10          | 1:17         | 3.60          | 19:40      | 5:27         | 14       | 4:04        | 14        | 4:04         |
| Wechsel | 1.20     | 5:55       | 4:55         | 9        | 0:48        | 9           | 0:48         | 4.80          | 25:35      | 5:19         | 13       | 4:30        | 13        | 4:30         |
| Finish  | 1.20     | 5:41       | 4:44         | 7        | 1:01        | 7           | 1:01         | 6.00          | 31:16      | 5:12         | 11       | 5:31        | 11        | 5:31         |