



# 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