



4. Arnstädter Alteburgstaffel

Arnstadt / 25.05.2016

Detailed evaluation

Alteburg Lauftreff Ladys

Club: Alteburg Lauftreff Ladys

Number: 3

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 32:36

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course: 15 (of 37)

Best time in course: 25:45

Rank in category: 15(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.	Pos Total	Behind Total	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Wechsel	1.20	5:46	4:48	13	1:39	13	1:39	1.20	5:46	4:48	13	1:39	13	1:39
Wechsel	1.20	6:20	5:16	8	1:22	8	1:22	2.40	12:06	5:02	9	2:09	9	2:09
Wechsel	1.20	7:56	6:36	24	2:55	24	2:55	3.60	20:02	5:33	16	4:26	16	4:26
Wechsel	1.20	6:03	5:02	11	0:56	11	0:56	4.80	26:05	5:26	15	5:00	15	5:00
Finish	1.20	6:31	5:25	22	1:51	22	1:51	6.00	32:36	5:26	15	6:51	15	6:51