



# 4. Arnstädter Alteburgstaffel

Arnstadt / 25.05.2016

## Detailed evaluation

### Arnstadt läuft...

Club: Arnstadt läuft...

Number: 4

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 33:21

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course: 18 (of 37)

Best time in course: 25:45

Rank in category: 18(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     | 5:09       | 4:17         | 6        | 1:02        | 6           | 1:02         | 1.20          | 5:09       | 4:17         | 6        | 1:02        | 6         | 1:02         |
| Wechsel | 1.20     | 8:22       | 6:58         | 30       | 3:24        | 30          | 3:24         | 2.40          | 13:31      | 5:37         | 18       | 3:34        | 18        | 3:34         |
| Wechsel | 1.20     | 5:16       | 4:23         | 2        | 0:15        | 2           | 0:15         | 3.60          | 18:47      | 5:13         | 11       | 3:11        | 11        | 3:11         |
| Wechsel | 1.20     | 8:48       | 7:20         | 32       | 3:41        | 32          | 3:41         | 4.80          | 27:35      | 5:44         | 18       | 6:30        | 18        | 6:30         |
| Finish  | 1.20     | 5:46       | 4:48         | 8        | 1:06        | 8           | 1:06         | 6.00          | 33:21      | 5:33         | 18       | 7:36        | 18        | 7:36         |