



4. Arnstädter Alteburgstaffel

Arnstadt / 25.05.2016

Detailed evaluation

Lauffreunde Alteburg

Club: Lauffreunde Alteburg

Number: 24

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 39:27

Speed: 9.13 km/h

Running performance: 6:35 min/km

Rank in course: 28 (of 37)

Best time in course: 25:45

Rank in category: 28(of 37)

Best time in the category: 25:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Wechsel	1.20	7:04	5:53	21	21	2:57	21	1.20	7:04	5:53	21	21	2:57	21
Wechsel	1.20	8:32	7:06	32	32	3:34	32	2.40	15:36	6:30	29	29	5:39	29
Wechsel	1.20	8:27	7:02	30	30	3:26	30	3.60	24:03	6:40	30	30	8:27	30
Wechsel	1.20	7:42	6:25	23	23	2:35	23	4.80	31:45	6:36	26	26	10:40	26
Finish	1.20	7:42	6:25	32	32	3:02	32	6.00	39:27	6:34	28	28	13:42	28