



4. Arnstädter Alteburgstaffel

Arnstadt / 25.05.2016

Detailed evaluation

Herzrasen

Club: Herzrasen

Number: 22

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 44:22

Speed: 8.11 km/h

Running performance: 7:23 min/km

Rank in course: 36 (of 37)

Best time in course: 25:45

Rank in category: 36(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	8:49	7:20	37	4:42	37	4:42	1.20	8:49	7:20	37	4:42	37	4:42
Wechsel	1.20	9:08	7:36	33	4:10	33	4:10	2.40	17:57	7:28	35	8:00	35	8:00
Wechsel	1.20	8:56	7:26	33	3:55	33	3:55	3.60	26:53	7:28	34	11:17	34	11:17
Wechsel	1.20	10:02	8:21	37	4:55	37	4:55	4.80	36:55	7:41	36	15:50	36	15:50
Finish	1.20	7:27	6:12	30	2:47	30	2:47	6.00	44:22	7:23	36	18:37	36	18:37