



# 7. Arnstädter Alteburgstaffel

Arnstadt / 22.05.2019

## Detailed evaluation

### Hammereckis

Club: Hammereckis

Number: 1

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 31:06

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course: 11 (of 43)

Best time in course: 25:59

Rank in category: 11(of 43)

Best time in the category: 25:59

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total	
Wechsel	1.20	5:27	4:32	12	1:01	12	1:01	1.20	5:27	4:32	12	1:01	12	1:01	
Wechsel	1.20	5:59	4:59	9	0:45	9	0:45	2.40	11:26	4:45	9	1:46	9	1:46	
Wechsel	1.20	6:25	5:20	12	1:15	12	1:15	3.60	17:51	4:57	8	2:09	8	2:09	
Wechsel	1.20	5:40	4:43	5	1:07	5	1:07	4.80	23:31	4:53	7	2:43	7	2:43	
Finish	1.20	7:35	6:19	41	2:26	41	2:26	6.00	31:06	5:11	11	5:07	11	5:07	