



7. Arnstädter Alteburgstaffel  
Arnstadt / 22.05.2019

Detailed evaluation

**SPORTident**

Club: SPORTident  
Number: 3

Course: 6.00 km  
Staffel 5 x 1,2 km

Category:  
Staffel

Total time: 33:07

Speed: 10.87 km/h  
Running performance: 5:31 min/km

Rank in course: 19 (of 43)

Best time in course: 25:59

Rank in category: 19(of 43)

Best time in the category: 25:59

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Wechsel	1.20	5:46	4:48	14	1:20	14	1:20	1.20	5:46	4:48	14	1:20	14	1:20
Wechsel	1.20	6:53	5:44	21	1:39	21	1:39	2.40	12:39	5:16	17	2:59	17	2:59
Wechsel	1.20	7:09	5:57	26	1:59	26	1:59	3.60	19:48	5:30	16	4:06	16	4:06
Wechsel	1.20	7:13	6:00	30	2:40	30	2:40	4.80	27:01	5:37	18	6:13	18	6:13
Finish	1.20	6:06	5:04	18	0:57	18	0:57	6.00	33:07	5:31	19	7:08	19	7:08