



7. Arnstädter Alteburgstaffel  
 Arnstadt / 22.05.2019

Detailed evaluation

Der IKK-Mix

Club: Der IKK-Mix  
 Number: 28

Course: 6.00 km  
 Staffel 5 x 1,2 km

Category:  
 Staffel

Total time: 35:48

Speed: 10.06 km/h  
 Running performance: 5:58 min/km

Rank in course: 32 (of 43)

Best time in course: 25:59

Rank in category: 32(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.	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	6:38	5:31	27	2:12	27	2:12	1.20	6:38	5:31	27	2:12	27	2:12
Wechsel	1.20	6:35	5:29	18	1:21	18	1:21	2.40	13:13	5:30	19	3:33	19	3:33
Wechsel	1.20	7:24	6:10	31	2:14	31	2:14	3.60	20:37	5:43	24	4:55	24	4:55
Wechsel	1.20	8:07	6:45	36	3:34	36	3:34	4.80	28:44	5:59	30	7:56	30	7:56
Finish	1.20	7:04	5:53	36	1:55	36	1:55	6.00	35:48	5:57	32	9:49	32	9:49