



7. Arnstädter Alteburgstaffel
 Arnstadt / 22.05.2019

Detailed evaluation

SG Motor Arnstadt Handball

Club: SG Motor Arnstadt Handball
 Number: 36

Course: 6.00 km
 Staffel 5 x 1,2 km

Category:
 Staffel

Total time: 29:36

Speed: 12.16 km/h
 Running performance: 4:56 min/km

Rank in course: 7 (of 43)

Best time in course: 25:59

Rank in category: 7(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	5:59	4:59	16	1:33	16	1:33	1.20	5:59	4:59	16	1:33	16	1:33		
Wechsel	1.20	5:44	4:46	7	0:30	7	0:30	2.40	11:43	4:52	10	2:03	10	2:03		
Wechsel	1.20	5:10	4:18	1	-	1	-	3.60	16:53	4:41	5	1:11	5	1:11		
Wechsel	1.20	6:14	5:11	15	1:41	15	1:41	4.80	23:07	4:48	6	2:19	6	2:19		
Finish	1.20	6:29	5:24	28	1:20	28	1:20	6.00	29:36	4:56	7	3:37	7	3:37		