



# 7. Arnstädter Alteburgstaffel

Arnstadt / 22.05.2019

## Detailed evaluation

### Thales Laufgruppe

Club: Thales Laufgruppe

Number: 10

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 29:58

Speed: 12.01 km/h

Running performance: 4:59 min/km

Rank in course: 8 (of 43)

Best time in course: 25:59

Rank in category: 8(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 km	Total Time	Total min/km	Pos		Behind	
				Cat.	Cat.	Total	Total				Cat.	Cat.	Total	Total
Wechsel	1.20	5:10	4:18	7	0:44	7	0:44	1.20	5:10	4:18	7	0:44	7	0:44
Wechsel	1.20	6:12	5:10	12	0:58	12	0:58	2.40	11:22	4:44	8	1:42	8	1:42
Wechsel	1.20	7:10	5:58	27	2:00	27	2:00	3.60	18:32	5:08	10	2:50	10	2:50
Wechsel	1.20	6:03	5:02	9	1:30	9	1:30	4.80	24:35	5:07	9	3:47	9	3:47
Finish	1.20	5:23	4:29	8	0:14	8	0:14	6.00	29:58	4:59	8	3:59	8	3:59