



# 8. Arnstädter Alteburgstaffellauf

Arnstadt / 25.05.2022

## Detailed evaluation

### RennRegenbogen

Club: RennRegenbogen

Number: 22

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 50:38

Speed: 7.11 km/h

Running performance: 08:26 min/km

Rank in course: 32 (of 32)

Best time in course: 28:28

Rank in category: 32(of 32)

Best time in the category: 28:28

### 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     | 9:58       | 8:18         | 32       | 5:49        | 32          | 5:49         | 1.20          | 9:58       | 8:18         | 32       | 5:49        | 32        | 5:49         |
| Wechsel | 1.20     | 9:30       | 7:55         | 30       | 4:20        | 30          | 4:20         | 2.40          | 19:28      | 8:06         | 32       | 9:26        | 32        | 9:26         |
| Wechsel | 1.20     | 9:41       | 8:04         | 32       | 4:06        | 32          | 4:06         | 3.60          | 29:09      | 8:05         | 32       | 13:18       | 32        | 13:18        |
| Wechsel | 1.20     | 10:26      | 8:41         | 31       | 5:04        | 31          | 5:04         | 4.80          | 39:35      | 8:14         | 32       | 17:05       | 32        | 17:05        |
| Finish  | 1.20     | 11:03      | 9:12         | 32       | 5:46        | 32          | 5:46         | 6.00          | 50:38      | 8:26         | 32       | 22:10       | 32        | 22:10        |