



8. Arnstädter Alteburgstaffellauf

Arnstadt / 25.05.2022

Detailed evaluation

Running Stones

Club: Running Stones

Number: 24

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 30:01

Speed: 11.99 km/h

Running performance: 05:00 min/km

Rank in course: 4 (of 32)

Best time in course: 28:28

Rank in category: 4(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Total	Behind Total	km	Time			min/km	Pos Total	Behind Total
Wechsel	1.20	4:09	3:27	1	-	1	-	1.20	4:09	3:27	1	-	1	-
Wechsel	1.20	7:02	5:51	19	1:52	19	1:52	2.40	11:11	4:39	4	1:09	4	1:09
Wechsel	1.20	7:53	6:34	21	2:18	21	2:18	3.60	19:04	5:17	8	3:13	8	3:13
Wechsel	1.20	5:25	4:30	2	0:03	2	0:03	4.80	24:29	5:06	4	1:59	4	1:59
Finish	1.20	5:32	4:36	3	0:15	3	0:15	6.00	30:01	5:00	4	1:33	4	1:33