



8. Arnstädter Alteburgstaffellauf

Arnstadt / 25.05.2022

Detailed evaluation

Alteburg Lauftreff ohne Manfred

Club: Alteburg Lauftreff ohne Manfred
Number: 31

Course: 6.00 km
Staffel 5 x 1,2 km

Category:
Staffel

Total time: 30:08

Speed: 11.95 km/h
Running performance: 05:01 min/km

Rank in course: 5 (of 32)

Best time in course: 28:28

Rank in category: 5(of 32)

Best time in the category: 28:28

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.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Wechsel	1.20	4:48	4:00	2	0:39	2	0:39	1.20	4:48	4:00	2	0:39	2	0:39
Wechsel	1.20	6:22	5:18	6	1:12	6	1:12	2.40	11:10	4:39	2	1:08	2	1:08
Wechsel	1.20	7:08	5:56	16	1:33	16	1:33	3.60	18:18	5:05	5	2:27	5	2:27
Wechsel	1.20	6:33	5:27	11	1:11	11	1:11	4.80	24:51	5:10	5	2:21	5	2:21
Finish	1.20	5:17	4:24	1	-	1	-	6.00	30:08	5:01	5	1:40	5	1:40