



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

Detailed evaluation

ILM-Runner

Total time: 6:11:11

Number: 7

Speed: 9.54 km/h

Running performance: 6:14 min/km

Course: 59.60 km

Rund um Arnstadt

Rank in course: 16 (of 16)

Best time in course: 4:08:29

Category:

Rank in category: 16(of 16)

Staffel

Best time in the category: 4:08:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Rudisleben	6.60	36:31	5:31	11	12:37	11	12:37	6.60	36:31	5:31	11	12:37	11	12:37
Marlishausen	7.80	1:20:12	10:16	16	52:52	16	52:52	14.40	1:56:43	8:06	16	1:05:29	16	1:05:29
Angelhausen	6.00	56:51	9:28	16	32:22	16	32:22	20.40	2:53:34	8:30	16	1:37:01	16	1:37:01
Roda	7.40	39:21	5:19	11	9:36	11	9:36	27.80	3:32:55	7:39	16	1:46:37	16	1:46:37
Neuroda	7.10	37:22	5:15	7	7:45	7	7:45	34.90	4:10:17	7:10	16	1:54:22	16	1:54:22
Reinsfeld	9.80	46:31	4:44	6	8:32	6	8:32	44.70	4:56:48	6:38	16	1:50:57	16	1:50:57
Dosdorf	6.90	37:49	5:28	12	10:43	12	10:43	51.60	5:34:37	6:29	16	1:59:05	16	1:59:05
Arnstadt Markt	8.00	36:34	4:34	2	3:37	2	3:37	59.60	6:11:11	6:13	16	2:02:42	16	2:02:42