



1. Staffellauf - Rund um Arnstadt

Arnstadt / 23.04.2022

Detailed evaluation

Maik sagt!

Total time: 5:06:00

Number: 3

Speed: 11.57 km/h

Running performance: 5:08 min/km

Course: 59.60 km

Rund um Arnstadt

Rank in course: 7 (of 16)

Best time in course: 4:08:29

Category:

Rank in category: 7(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		Total		Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total	
Rudisleben	6.60	37:09	5:37	13	13:15	13	13:15	6.60	37:09	5:37	13	13:15	13	13:15	
Marlishausen	7.80	42:56	5:30	13	15:36	13	15:36	14.40	1:20:05	5:33	15	28:51	15	28:51	
Angelhausen	6.00	24:29	4:04	1	-	1	-	20.40	1:44:34	5:07	11	28:01	11	28:01	
Roda	7.40	33:35	4:32	2	3:50	2	3:50	27.80	2:18:09	4:58	8	31:51	8	31:51	
Neuroda	7.10	34:05	4:48	3	4:28	3	4:28	34.90	2:52:14	4:56	6	36:19	6	36:19	
Reinsfeld	9.80	57:36	5:52	14	19:37	14	19:37	44.70	3:49:50	5:08	10	43:59	10	43:59	
Dosdorf	6.90	30:13	4:22	5	3:07	5	3:07	51.60	4:20:03	5:02	8	44:31	8	44:31	
Arnstadt Markt	8.00	45:57	5:44	11	13:00	11	13:00	59.60	5:06:00	5:08	7	57:31	7	57:31	