



9. Arnstädter Alteburgstaffellauf

Arnstadt / 17.05.2023

Detailed evaluation

Marienstift Arnstadt

Club: Marienstift Arnstadt

Number: 10

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 33:19

Speed: 10.81 km/h

Running performance: 5:33 min/km

Rank in course: 13 (of 26)

Best time in course: 25:51

Rank in category: 13(of 26)

Best time in the category: 25:51

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Wechsel	1.20	5:50	4:51	12	1:18	12	1:18	1.20	5:50	4:51	12	1:18	12	1:18
Wechsel	1.20	6:58	5:48	16	1:37	16	1:37	2.40	12:48	5:20	16	2:55	16	2:55
Wechsel	1.20	6:40	5:33	14	1:05	14	1:05	3.60	19:28	5:24	14	4:00	14	4:00
Wechsel	1.20	7:19	6:05	14	2:09	14	2:09	4.80	26:47	5:34	14	6:09	14	6:09
Finish	1.20	6:32	5:26	15	1:19	15	1:19	6.00	33:19	5:33	13	7:28	13	7:28