



# 9. Arnstädter Alteburgstaffellauf

Arnstadt / 17.05.2023

## Detailed evaluation

### MELISSANTES Gymnasium

Club: MELISSANTES Gymnasium

Number: 23

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 34:14

Speed: 10.52 km/h

Running performance: 5:43 min/km

Rank in course: 16 (of 26)

Best time in course: 25:51

Rank in category: 16(of 26)

Best time in the category: 25:51

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Wechsel	1.20	5:53	4:54	13	1:21	13	1:21	1.20	5:53	4:54	13	1:21	13	1:21
Wechsel	1.20	6:31	5:25	7	1:10	7	1:10	2.40	12:24	5:10	10	2:31	10	2:31
Wechsel	1.20	7:33	6:17	20	1:58	20	1:58	3.60	19:57	5:32	15	4:29	15	4:29
Wechsel	1.20	7:46	6:28	19	2:36	19	2:36	4.80	27:43	5:46	16	7:05	16	7:05
Finish	1.20	6:31	5:25	14	1:18	14	1:18	6.00	34:14	5:42	16	8:23	16	8:23