



9. Arnstädter Alteburgstaffellauf

Arnstadt / 17.05.2023

Detailed evaluation

RSV Adler Arnstadt e.V. - die jungen Adler 2 **Total Time: 34:31**

Club: RSV Adler Arnstadt e.V. - die jungen Adler 2
Number: 15

Speed: 10.43 km/h
Running performance: 5:45 min/km

Course: 6.00 km
Staffel 5 x 1,2 km

Rank in course: 17 (of 26)

Best time in course: 25:51

Category:

Rank in category: 17(of 26)

Staffel

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	5:20	4:26	6	0:48	6	0:48	1.20	5:20	4:26	6	0:48	6	0:48
Wechsel	1.20	6:02	5:01	4	0:41	4	0:41	2.40	11:22	4:44	5	1:29	5	1:29
Wechsel	1.20	7:16	6:03	17	1:41	17	1:41	3.60	18:38	5:10	8	3:10	8	3:10
Wechsel	1.20	7:18	6:04	13	2:08	13	2:08	4.80	25:56	5:24	10	5:18	10	5:18
Finish	1.20	8:35	7:09	23	3:22	23	3:22	6.00	34:31	5:45	17	8:40	17	8:40