



9. Arnstädter Alteburgstaffellauf

Arnstadt / 17.05.2023

Detailed evaluation

HSG IIm-Kreis Jugend

Club: HSG IIm-Kreis Jugend

Number: 7

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 29:27

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course: 3 (of 26)

Best time in course: 25:51

Rank in category: 3(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	4:57	4:07	3	0:25	3	0:25	1.20	4:57	4:07	3	0:25	3	0:25
Wechsel	1.20	5:57	4:57	3	0:36	3	0:36	2.40	10:54	4:32	3	1:01	3	1:01
Wechsel	1.20	6:45	5:37	15	1:10	15	1:10	3.60	17:39	4:54	4	2:11	4	2:11
Wechsel	1.20	6:25	5:20	7	1:15	7	1:15	4.80	24:04	5:00	4	3:26	4	3:26
Finish	1.20	5:23	4:29	2	0:10	2	0:10	6.00	29:27	4:54	3	3:36	3	3:36