



9. Arnstädter Alteburgstaffellauf

Arnstadt / 17.05.2023

Detailed evaluation

RSV Adler Arnstadt e.V. - die großen Adler **Total time: 29:43**

Club: RSV Adler Arnstadt e.V. - die großen Adler

Speed: 12.11 km/h

Number: 13

Running performance: 4:57 min/km

Course: 6.00 km

Staffel 5 x 1,2 km

Rank in course: 4 (of 26)

Best time in course: 25:51

Category:

Rank in category: 4(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	5:04	4:13	5	0:32	5	0:32	1.20	5:04	4:13	5	0:32	5	0:32
Wechsel	1.20	6:13	5:10	5	0:52	5	0:52	2.40	11:17	4:42	4	1:24	4	1:24
Wechsel	1.20	6:13	5:10	5	0:38	5	0:38	3.60	17:30	4:51	3	2:02	3	2:02
Wechsel	1.20	6:47	5:39	11	1:37	11	1:37	4.80	24:17	5:03	5	3:39	5	3:39
Finish	1.20	5:26	4:31	3	0:13	3	0:13	6.00	29:43	4:57	4	3:52	4	3:52