



10. Arnstädter Alteburgstaffellauf

Arnstadt / 29.05.2024

Detailed evaluation

HSG Ilm - Kreis Frauen

Club: HSG Ilm - Kreis

Number: 10

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 32:52

Speed: 10.95 km/h

Running performance: 5:28 min/km

Rank in course: 11 (of 30)

Best time in course: 25:45

Rank in category: 11(of 30)

Best time in the category: 25:45

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	5:54	4:55	10	1:44	10	1:44	1.20	5:54	4:55	10	1:44	10	1:44
Wechsel	1.20	6:09	5:07	4	1:42	4	1:42	2.40	12:03	5:01	7	3:26	7	3:26
Wechsel	1.20	7:24	6:10	18	2:35	18	2:35	3.60	19:27	5:24	11	6:01	11	6:01
Wechsel	1.20	7:39	6:22	20	2:16	20	2:16	4.80	27:06	5:38	14	7:36	14	7:36
Finish	1.20	5:46	4:48	7	1:02	7	1:02	6.00	32:52	5:28	11	7:07	11	7:07