



10. Arnstädter Alteburgstaffellauf

Arnstadt / 29.05.2024

Detailed evaluation

Arnstädter Sport- und Freizeitbad

Total time: 35:06

Number: 4

Speed: 10.26 km/h

Running performance: 5:51 min/km

Course: 6.00 km

Staffel 5 x 1,2 km

Rank in course: 16 (of 30)

Best time in course: 25:45

Category:

Rank in category: 16(of 30)

Staffel

Best time in the category: 25:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Wechsel	1.20	7:58	6:38	25	3:48	25	3:48	1.20	7:58	6:38	25	3:48	25	3:48
Wechsel	1.20	7:23	6:09	19	2:56	19	2:56	2.40	15:21	6:23	22	6:44	22	6:44
Wechsel	1.20	6:56	5:46	16	2:07	16	2:07	3.60	22:17	6:11	19	8:51	19	8:51
Wechsel	1.20	5:57	4:57	8	0:34	8	0:34	4.80	28:14	5:52	15	8:44	15	8:44
Finish	1.20	6:52	5:43	20	2:08	20	2:08	6.00	35:06	5:51	16	9:21	16	9:21