



# 10. Arnstädter Alteburgstaffellauf

Arnstadt / 29.05.2024

## Detailed evaluation

### die Jungen Adler 1

Club: RSV Adler Arnstadt e.V.

Number: 1

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 37:13

Speed: 9.67 km/h

Running performance: 6:12 min/km

Rank in course: 22 (of 30)

Best time in course: 25:45

Rank in category: 22(of 30)

Best time in the category: 25:45

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Wechsel	1.20	7:42	6:25	23	3:32	23	3:32	1.20	7:42	6:25	23	3:32	23	3:32
Wechsel	1.20	9:29	7:54	26	5:02	26	5:02	2.40	17:11	7:09	26	8:34	26	8:34
Wechsel	1.20	6:48	5:40	13	1:59	13	1:59	3.60	23:59	6:39	24	10:33	24	10:33
Wechsel	1.20	7:53	6:34	22	2:30	22	2:30	4.80	31:52	6:38	23	12:22	23	12:22
Finish	1.20	5:21	4:27	2	0:37	2	0:37	6.00	37:13	6:12	22	11:28	22	11:28