



10. Arnstädter Alteburgstaffellauf

Arnstadt / 29.05.2024

Detailed evaluation

Gynokokken

Club: Ilm-Kreis-Kliniken Arnstadt-Ilmenau gGmbH
Number: 9

Total time: 38:33

Speed: 9.34 km/h

Running performance: 6:25 min/km

Course: 6.00 km
Staffel 5 x 1,2 km

Rank in course: 23 (of 30)

Best time in course: 25:45

Category:

Rank in category: 23(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 km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Wechsel	1.20	8:23	6:59	28	4:13	28	4:13	1.20	8:23	6:59	28	4:13	28	4:13
Wechsel	1.20	7:14	6:01	17	2:47	17	2:47	2.40	15:37	6:30	24	7:00	24	7:00
Wechsel	1.20	8:14	6:51	25	3:25	25	3:25	3.60	23:51	6:37	23	10:25	23	10:25
Wechsel	1.20	8:16	6:53	25	2:53	25	2:53	4.80	32:07	6:41	24	12:37	24	12:37
Finish	1.20	6:26	5:21	15	1:42	15	1:42	6.00	38:33	6:25	23	12:48	23	12:48