



10. Arnstädter Alteburgstaffellauf

Arnstadt / 29.05.2024

Detailed evaluation

Wonneproppen

Club: Ilm-Kreis-Kliniken Arnstadt-Ilmenau gGmbH
Number: 30

Course: 6.00 km
Staffel 5 x 1,2 km

Category:
Staffel

Total time: 45:51

Speed: 7.85 km/h
Running performance: 7:38 min/km

Rank in course: 28 (of 30)

Best time in course: 25:45

Rank in category: 28(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			Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	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	10:22	8:38	28	5:55	28	5:55	2.40	18:45	7:48	30	10:08	30	10:08
Wechsel	1.20	8:58	7:28	28	4:09	28	4:09	3.60	27:43	7:41	29	14:17	29	14:17
Wechsel	1.20	8:42	7:15	27	3:19	27	3:19	4.80	36:25	7:35	28	16:55	28	16:55
Finish	1.20	9:26	7:51	29	4:42	29	4:42	6.00	45:51	7:38	28	20:06	28	20:06