



10. Arnstädter Alteburgstaffellauf

Arnstadt / 29.05.2024

Detailed evaluation

Dufte Truppe

Club: LSV Lok Arnstadt

Number: 7

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 29:18

Speed: 12.29 km/h

Running performance: 4:53 min/km

Rank in course: 5 (of 30)

Best time in course: 25:45

Rank in category: 5(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	5:42	4:45	7	1:32	7	1:32	1.20	5:42	4:45	7	1:32	7	1:32	
Wechsel	1.20	5:53	4:54	3	1:26	3	1:26	2.40	11:35	4:49	5	2:58	5	2:58	
Wechsel	1.20	6:16	5:13	8	1:27	8	1:27	3.60	17:51	4:57	6	4:25	6	4:25	
Wechsel	1.20	5:30	4:35	3	0:07	3	0:07	4.80	23:21	4:51	4	3:51	4	3:51	
Finish	1.20	5:57	4:57	9	1:13	9	1:13	6.00	29:18	4:53	5	3:33	5	3:33	