



10. Arnstädter Alteburgstaffellauf

Arnstadt / 29.05.2024

Detailed evaluation

little runners

Club: LSV Lok Arnstadt

Number: 20

Course: 6.00 km

Staffel 5 x 1,2 km

Category:

Staffel

Total time: 30:44

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course: 8 (of 30)

Best time in course: 25:45

Rank in category: 8(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	5:51	4:52	9	1:41	9	1:41	1.20	5:51	4:52	9	1:41	9	1:41
Wechsel	1.20	6:17	5:14	6	1:50	6	1:50	2.40	12:08	5:03	8	3:31	8	3:31
Wechsel	1.20	6:19	5:15	10	1:30	10	1:30	3.60	18:27	5:07	8	5:01	8	5:01
Wechsel	1.20	6:02	5:01	9	0:39	9	0:39	4.80	24:29	5:06	8	4:59	8	4:59
Finish	1.20	6:15	5:12	11	1:31	11	1:31	6.00	30:44	5:07	8	4:59	8	4:59