



### 3. Staffellauf - Rund um Arnstadt

Arnstadt / 18.05.2024

#### Detailed evaluation

#### Langstrecke Arnstadt

Club: Club Langstrecke Arnstadt

Number: 5

Course: 59.80 km

Rund um Arnstadt

Category:

Männerstaffel

Total time: 4:25:33

Speed: 13.33 km/h

Running performance: 4:26 min/km

Rank in course: 2 (of 13)

Best time in course: 4:07:03

Rank in category: 2(of 10)

Best time in the category: 4:07:03

#### Intermediate times

#### Stage score

#### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |  |
|-------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|--|
|                   |             |               |                 |             |                | Pos<br>Total | Behind<br>Total | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Total | Behind<br>Total |  |
| Rudisleben        | 6.60        | 27:46         | 4:12            | 3           | 3:09           | 4            | 3:09            | 6.60          | 27:46         | 4:12            | 11          | 3:09           | 14           | 3:09            |  |
| Marlishausen      | 7.80        | 33:44         | 4:19            | 3           | 2:50           | 3            | 2:50            | 14.40         | 1:01:30       | 4:16            | 11          | 5:59           | 14           | 5:59            |  |
| Angelhausen       | 6.00        | 26:55         | 4:29            | 4           | 2:33           | 4            | 2:33            | 20.40         | 1:28:25       | 4:20            | 11          | 8:21           | 14           | 8:21            |  |
| Roda              | 7.30        | 32:31         | 4:27            | 2           | 0:59           | 2            | 0:59            | 27.70         | 2:00:56       | 4:21            | 11          | 9:20           | 14           | 9:20            |  |
| Neuroda           | 6.80        | 31:51         | 4:41            | 4           | 2:39           | 4            | 2:39            | 34.50         | 2:32:47       | 4:25            | 11          | 11:59          | 14           | 11:59           |  |
| Reinsfeld         | 10.30       | 42:52         | 4:09            | 1           | -              | 1            | -               | 44.80         | 3:15:39       | 4:22            | 11          | 11:28          | 14           | 11:28           |  |
| Dosdorf           | 7.00        | 30:23         | 4:20            | 4           | 2:59           | 4            | 2:59            | 51.80         | 3:46:02       | 4:21            | 11          | 11:50          | 14           | 11:50           |  |
| Marktplatz Arnst: | 8.00        | 39:31         | 4:56            | 5           | 6:40           | 6            | 6:40            | 59.80         | 4:25:33       | 4:26            | 2           | 18:30          | 2            | 18:30           |  |