



6. Arnstädter Alteburgstaffel

Arnstadt / 30.05.2018

SPORTident

SPORTident

40

40

6.00 km

Staffel 5 x 1,2 km

SPORTident

Staffel

31:48

11.32 km/h

5:18 min/km

11 (of 35)

26:00

11(of 35)

26:00

SPORTident

SPORTident

SPORTident

SPORTident	km	min	sec	min/km	-	-	min	sec	km	min	sec	min/km	-	-	min	sec
Wechsel	1.20	6:46	5:38	22	2:03	22	2:03	2:03	1.20	6:46	5:38	22	2:03	22	2:03	2:03
Wechsel	1.20	6:18	5:15	8	1:08	8	1:08	1:08	2.40	13:04	5:26	16	3:00	16	3:00	3:00
Wechsel	1.20	6:52	5:43	18	1:49	18	1:49	1:49	3.60	19:56	5:32	16	4:25	16	4:25	4:25
Wechsel	1.20	5:34	4:38	5	0:21	5	0:21	0:21	4.80	25:30	5:18	11	4:46	11	4:46	4:46
SPORTident	1.20	6:18	5:15	18	1:38	18	1:38	1:38	6.00	31:48	5:17	11	5:48	11	5:48	5:48