



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

## Detailed evaluation

Thinking of you-Heiko

Number: 185

Course: 171.30 km  
Blankenstein-Hörschel

Category:  
Männerstaffel

Total time: 14:38:28

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course: 95 (of 223)

Best time in course: 9:57:53

Rank in category: 77(of 142)

Best time in the category: 9:57:53

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Grumbach	17.20	1:28:14	5:07	107	29:01	152	29:01	17.20	1:28:14	5:07	78	29:01	114	29:01
Schildwiese	20.10	1:33:10	4:38	69	26:22	94	26:22	37.30	3:01:24	4:51	78	55:23	114	55:23
Neuhaus/ Gewerl	15.50	1:27:10	5:37	88	30:51	111	30:51	52.80	4:28:34	5:05	78	1:26:14	114	1:26:14
Masserberg	19.80	1:32:40	4:40	95	29:28	129	29:28	72.60	6:01:14	4:58	78	1:54:16	114	1:54:16
Allzunah	16.80	1:25:14	5:04	42	21:42	51	21:42	89.40	7:26:28	4:59	78	2:14:04	114	2:14:04
Grenzadler	19.80	1:52:13	5:40	120	40:23	177	41:11	109.20	9:18:41	5:06	78	2:54:27	114	2:54:27
Neue Ausspanne	13.80	1:03:08	4:34	30	15:52	32	15:52	123.00	10:21:49	5:03	77	3:10:19	113	3:10:19
Kleiner Inselsber	13.90	1:23:14	5:59	120	34:18	174	34:18	136.90	11:45:03	5:09	77	3:44:37	113	3:44:37
Hohe Sonne	19.70	1:40:59	5:07	104	31:51	144	31:51	156.60	13:26:02	5:08	77	4:16:28	113	4:16:28
Hörschel	14.70	1:12:26	4:55	48	24:07	59	24:07	171.30	14:38:28	5:07	77	4:40:35	95	4:40:35