



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

Detailed evaluation

Rennsteiglaufverein Forum

Total time: 15:59:39

Number: 89

Speed: 10.69 km/h

Running performance: 5:36 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 174 (of 223)

Best time in course: 9:57:53

Category:

Rank in category: 44(of 68)

Mixstaffel

Best time in the category: 11:33:44

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	1:51:53	6:30	67	45:19	221	52:40	17.20	1:51:53	6:30	9	16:19	224	52:40
Schildwiese	20.10	1:48:39	5:24	58	38:39	184	41:51	37.30	3:40:32	5:54	9	35:30	224	1:34:31
Neuhaus/ Gewerl	15.50	1:34:52	6:07	41	25:47	166	38:33	52.80	5:15:24	5:58	9	41:30	224	2:13:04
Masserberg	19.80	1:27:16	4:24	21	20:43	88	24:04	72.60	6:42:40	5:32	9	24:52	224	2:35:42
Allzunah	16.80	1:45:59	6:18	48	38:21	186	42:27	89.40	8:28:39	5:41	9	26:09	224	3:16:15
Grenzadler	19.80	1:39:00	5:00	28	27:58	100	27:58	109.20	10:07:39	5:33	9		224	3:43:25
Neue Ausspanne	13.80	1:33:01	6:44	62	33:14	211	45:45	123.00	11:40:40	5:41	9		223	4:29:10
Kleiner Inselsber	13.90	1:23:48	6:01	46	23:46	177	34:52	136.90	13:04:28	5:43	9		222	5:04:02
Hohe Sonne	19.70	1:35:22	4:50	21	25:50	93	26:14	156.60	14:39:50	5:37	9		222	5:30:16
Hörschel	14.70	1:19:49	5:25	25	16:47	119	31:30	171.30	15:59:39	5:36	44	4:25:55	174	6:01:46