



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

Detailed evaluation

ilm runners

Total time: 15:38:57

Number: 167

Speed: 10.93 km/h

Running performance: 5:29 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 156 (of 223)

Best time in course: 9:57:53

Category:

Rank in category: 120(of 142)

Männerstaffel

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	1:49:51	6:23	141	50:38	220	50:38	17.20	1:49:51	6:23	116	50:38	175	50:38
Schildwiese	20.10	2:15:15	6:43	139	1:08:27	219	1:08:27	37.30	4:05:06	6:34	116	1:59:05	175	1:59:05
Neuhaus/ Gewerl	15.50	1:30:53	5:51	107	34:34	137	34:34	52.80	5:35:59	6:21	116	2:33:39	175	2:33:39
Masserberg	19.80	1:22:03	4:08	38	18:51	48	18:51	72.60	6:58:02	5:45	116	2:51:04	175	2:51:04
Allzunah	16.80	1:37:00	5:46	94	33:28	125	33:28	89.40	8:35:02	5:45	116	3:22:38	175	3:22:38
Grenzadler	19.80	1:43:47	5:14	101	31:57	145	32:45	109.20	10:18:49	5:40	116	3:54:35	175	3:54:35
Neue Ausspanne	13.80	1:15:33	5:28	92	28:17	118	28:17	123.00	11:34:22	5:38	115	4:22:52	174	4:22:52
Kleiner Inselsber	13.90	1:11:20	5:07	60	22:24	77	22:24	136.90	12:45:42	5:35	115	4:45:16	174	4:45:16
Hohe Sonne	19.70	1:44:53	5:19	120	35:45	173	35:45	156.60	14:30:35	5:33	115	5:21:01	174	5:21:01
Hörschel	14.70	1:08:22	4:39	31	20:03	38	20:03	171.30	15:38:57	5:28	120	5:41:04	156	5:41:04