



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

## Detailed evaluation

Frauenwald Süd

Number: 150

Course: 171.30 km  
Blankenstein-Hörschel

Category:  
Männerstaffel

Total time: 15:32:35

Speed: 11.00 km/h  
Running performance: 5:26 min/km

Rank in course: 153 (of 223)

Best time in course: 9:57:53

Rank in category: 118(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    | 1:23:17    | 4:50         | 81          | 24:04       | 101       | 24:04        | 17.20         | 1:23:17    | 4:50         | 125      | 24:04       | 189       | 24:04        |
| Schildwiese        | 20.10    | 1:49:31    | 5:26         | 125         | 42:43       | 188       | 42:43        | 37.30         | 3:12:48    | 5:10         | 125      | 1:06:47     | 189       | 1:06:47      |
| Neuhaus/ Gewerl    | 15.50    | 1:21:21    | 5:14         | 53          | 25:02       | 65        | 25:02        | 52.80         | 4:34:09    | 5:11         | 125      | 1:31:49     | 189       | 1:31:49      |
| Masserberg         | 19.80    | 1:29:15    | 4:30         | 79          | 26:03       | 105       | 26:03        | 72.60         | 6:03:24    | 5:00         | 125      | 1:56:26     | 189       | 1:56:26      |
| Allzunah           | 16.80    | 1:59:01    | 7:05         | 137         | 55:29       | 214       | 55:29        | 89.40         | 8:02:25    | 5:23         | 125      | 2:50:01     | 189       | 2:50:01      |
| Grenzadler         | 19.80    | 1:32:11    | 4:39         | 39          | 20:21       | 52        | 21:09        | 109.20        | 9:34:36    | 5:15         | 125      | 3:10:22     | 189       | 3:10:22      |
| Neue Ausspanne     | 13.80    | 1:26:46    | 6:17         | 131         | 39:30       | 189       | 39:30        | 123.00        | 11:01:22   | 5:22         | 124      | 3:49:52     | 188       | 3:49:52      |
| Kleiner Inselsber  | 13.90    | 1:23:15    | 5:59         | 121         | 34:19       | 175       | 34:19        | 136.90        | 12:24:37   | 5:26         | 124      | 4:24:11     | 188       | 4:24:11      |
| Hohe Sonne         | 19.70    | 1:44:43    | 5:18         | 118         | 35:35       | 171       | 35:35        | 156.60        | 14:09:20   | 5:25         | 124      | 4:59:46     | 188       | 4:59:46      |
| Hörschel           | 14.70    | 1:23:15    | 5:39         | 103         | 34:56       | 140       | 34:56        | 171.30        | 15:32:35   | 5:26         | 118      | 5:34:42     | 153       | 5:34:42      |