



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

Detailed evaluation

VR- Bank- Pleßgirls

Number: 11

Course: 171.30 km
Blankenstein-Hörschel

Category:
Frauenstaffel

Total time: 14:18:45

Speed: 11.95 km/h

Running performance: 5:01 min/km

Rank in course: 80 (of 223)

Best time in course: 9:57:53

Rank in category: 2(of 13)

Best time in the category: 13:39:23

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	1:27:27	5:05	2	13:53	140	28:14	17.20	1:27:27	5:05	2	13:53	224	28:14
Schildwiese	20.10	1:30:01	4:28	2	4:26	72	23:13	37.30	2:57:28	4:45	2	9:43	224	51:27
Neuhaus/ Gewerl	15.50	1:26:49	5:36	3	14:10	106	30:30	52.80	4:24:17	5:00	2	23:53	224	1:21:57
Masserberg	19.80	1:31:07	4:36	3	0:44	120	27:55	72.60	5:55:24	4:53	2	22:41	224	1:48:26
Allzunah	16.80	1:32:54	5:31	4	18:15	109	29:22	89.40	7:28:18	5:00	2	40:56	224	2:15:54
Grenzadler	19.80	1:43:09	5:12	5	5:16	140	32:07	109.20	9:11:27	5:02	2	43:44	224	2:47:13
Neue Ausspanne	13.80	1:09:55	5:03	3	2:33	76	22:39	123.00	10:21:22	5:03	2	44:55	223	3:09:52
Kleiner Inselsber	13.90	1:13:02	5:15	3	4:03	97	24:06	136.90	11:34:24	5:04	2	48:58	222	3:33:58
Hohe Sonne	19.70	1:32:10	4:40	1	-	73	23:02	156.60	13:06:34	5:01	2	37:47	222	3:57:00
Hörschel	14.70	1:12:11	4:54	2	1:35	57	23:52	171.30	14:18:45	5:00	2	39:22	80	4:20:52