



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

## Detailed evaluation

Lauf-Allianz-Sondershausen

Total time: 12:14:36

Number: 31

Speed: 13.99 km/h

Running performance: 4:17 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 10 (of 223)

Best time in course: 9:57:53

Category:

Rank in category: 2(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	1:10:10	4:04	4	3:36	20	10:57	17.20	1:10:10	4:04	51		224	10:57
Schildwiese	20.10	1:17:15	3:50	5	7:15	11	10:27	37.30	2:27:25	3:57	51		224	21:24
Neuhaus/ Gewerl	15.50	1:20:21	5:11	9	11:16	57	24:02	52.80	3:47:46	4:18	51		224	45:26
Masserberg	19.80	1:06:33	3:21	1	-	4	3:21	72.60	4:54:19	4:03	51		224	47:21
Allzunah	16.80	1:24:59	5:03	8	17:21	48	21:27	89.40	6:19:18	4:14	51		224	1:06:54
Grenzadler	19.80	1:19:52	4:02	4	8:50	9	8:50	109.20	7:39:10	4:12	51		224	1:14:56
Neue Ausspanne	13.80	1:06:19	4:48	3	6:32	46	19:03	123.00	8:45:29	4:16	51		223	1:33:59
Kleiner Inselsber	13.90	1:07:58	4:53	9	7:56	46	19:02	136.90	9:53:27	4:20	51		222	1:53:01
Hohe Sonne	19.70	1:11:37	3:38	2	2:05	4	2:29	156.60	11:05:04	4:14	51		222	1:55:30
Hörschel	14.70	1:09:32	4:43	8	6:30	42	21:13	171.30	12:14:36	4:17	2	40:52	10	2:16:43