



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

Detailed evaluation

LAUF MIT BLEIB FIT Ernstroda

Total time: 15:11:38

Number: 48

Speed: 11.25 km/h

Running performance: 5:19 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 129 (of 223)

Best time in course: 9:57:53

Category:

Rank in category: 23(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	1:22:27	4:47	17	15:53	96	23:14	17.20	1:22:27	4:47	64		224	23:14
Schildwiese	20.10	1:46:29	5:17	54	36:29	175	39:41	37.30	3:08:56	5:03	64	3:54	224	1:02:55
Neuhaus/ Gewerl	15.50	1:34:33	6:05	40	25:28	164	38:14	52.80	4:43:29	5:22	64	9:35	224	1:41:09
Masserberg	19.80	1:37:26	4:55	40	30:53	151	34:14	72.60	6:20:55	5:14	64	3:07	224	2:13:57
Allzunah	16.80	1:22:49	4:55	6	15:11	33	19:17	89.40	7:43:44	5:11	64		224	2:31:20
Grenzadler	19.80	1:34:09	4:45	15	23:07	62	23:07	109.20	9:17:53	5:06	64		224	2:53:39
Neue Ausspanne	13.80	1:26:58	6:18	49	27:11	190	39:42	123.00	10:44:51	5:14	64		223	3:33:21
Kleiner Inselsber	13.90	1:12:11	5:11	17	12:09	86	23:15	136.90	11:57:02	5:14	64		222	3:56:36
Hohe Sonne	19.70	1:41:55	5:10	41	32:23	155	32:47	156.60	13:38:57	5:13	64		222	4:29:23
Hörschel	14.70	1:32:41	6:18	49	29:39	187	44:22	171.30	15:11:38	5:19	23	3:37:54	129	5:13:45