



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

Detailed evaluation

Wadenkrampf Berlin

Total time: 16:08:08

Number: 177

Speed: 10.60 km/h

Running performance: 5:40 min/km

Course: 171.10 km

Blankenstein-Hörschel

Rank in course: 171 (of 236)

Best time in course: 10:23:23

Category:

Rank in category: 129(of 149)

Männerstaffel

Best time in the category: 10:23:23

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	17.50	1:29:34	5:07	87	27:00	119	27:00	17.50	1:29:34	5:07	140	27:00	215	27:00
Schildwiese	19.80	1:46:13	5:21	112	38:51	169	38:51	37.30	3:15:47	5:14	140	1:05:51	215	1:05:51
Neuhaus	16.50	1:25:50	5:12	71	26:47	90	26:47	53.80	4:41:37	5:14	140	1:27:50	215	1:27:50
Masserberg	18.10	1:31:01	5:01	67	34:21	92	34:21	71.90	6:12:38	5:10	140	1:54:26	215	1:54:26
Allzunah	17.20	1:54:11	6:38	135	48:48	197	48:48	89.10	8:06:49	5:27	140	2:43:14	215	2:43:14
Grenzadler	20.00	1:50:20	5:30	127	39:58	177	39:58	109.10	9:57:09	5:28	140	3:16:10	215	3:16:10
Neue Ausspanne	13.90	1:23:02	5:58	128	34:35	181	34:35	123.00	11:20:11	5:31	140	3:49:25	215	3:49:25
Kleiner Inselsber	14.00	1:15:06	5:21	77	25:18	100	25:18	137.00	12:35:17	5:30	140	4:14:00	215	4:14:00
Hohe Sonne	19.40	1:52:02	5:46	137	44:13	213	44:13	156.40	14:27:19	5:32	140	4:58:13	215	4:58:13
Hörschel	14.70	1:40:49	6:51	143	52:20	221	52:20	171.10	16:08:08	5:39	130	5:44:45	173	5:44:45