



15. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 22.06.2013

Detailed evaluation

Lauf mit Bleib fit Ernstroda 1

Total time: 15:34:52

Number: 27

Speed: 10.99 km/h

Running performance: 5:28 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 157 (of 236)

Best time in course: 10:18:23

Category:

Rank in category: 27(of 64)

Mixstaffel

Best time in the category: 11:24:50

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	1:35:06	5:31	44	25:39	179	32:28	17.20	1:35:06	5:31	59	6:49	237	32:26
Schildwiese	20.10	1:47:47	5:21	49	41:25	188	41:25	37.30	3:22:53	5:26	59	12:36	237	1:10:19
Neuhaus	15.50	1:34:55	6:07	37	25:04	172	35:53	52.80	4:57:48	5:38	59	1:44	237	1:46:12
Masserberg	19.80	1:30:54	4:35	21	22:59	111	27:37	72.60	6:28:42	5:21	59		237	2:13:43
Allzunah	16.80	1:28:02	5:14	13	14:19	64	41:02	89.40	7:56:44	5:19	59		237	2:35:33
Grenzadler	19.80	1:31:38	4:37	13	19:49	48	19:49	109.20	9:28:22	5:12	59		237	2:53:21
Neue Ausspanne	13.80	1:22:38	5:59	37	26:31	183	32:24	123.00	10:51:00	5:17	59		237	3:25:27
Kleiner Inselsber	13.90	1:23:17	5:59	37	25:12	179	33:10	136.90	12:14:17	5:21	59		237	3:57:22
Hohe Sonne	19.70	1:46:40	5:24	43	36:51	177	39:10	156.60	14:00:57	5:22	59		237	4:36:32
Hörschel	14.70	1:33:55	6:23	50	33:14	198	39:57	171.30	15:34:52	5:27	27	4:10:02	157	5:16:29