



15. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 22.06.2013

Detailed evaluation

Thinking of you-Heiko

Total time: 14:38:10

Number: 192

Speed: 11.68 km/h

Running performance: 5:08 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 95 (of 236)

Best time in course: 10:18:23

Category:

Rank in category: 76(of 156)

Männerstaffel

Best time in the category: 10:18:23

| 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 | 1:24:00 | 4:53 | 66 | 21:22 | 83 | 21:22 | 17.20 | 1:24:00 | 4:53 | 74 | 21:20 | 108 | 21:20 |
| Schildwiese | 20.10 | 1:39:14 | 4:56 | 93 | 31:18 | 129 | 32:52 | 37.30 | 3:03:14 | 4:54 | 74 | 50:40 | 108 | 50:40 |
| Neuhaus | 15.50 | 1:19:22 | 5:07 | 50 | 20:20 | 64 | 20:20 | 52.80 | 4:22:36 | 4:58 | 74 | 1:11:00 | 108 | 1:11:00 |
| Masserberg | 19.80 | 1:30:25 | 4:33 | 77 | 27:08 | 100 | 27:08 | 72.60 | 5:53:01 | 4:51 | 74 | 1:38:02 | 108 | 1:38:02 |
| Allzunah | 16.80 | 1:22:37 | 4:55 | 21 | 35:37 | 27 | 35:37 | 89.40 | 7:15:38 | 4:52 | 74 | 1:54:27 | 108 | 1:54:27 |
| Grenzadler | 19.80 | 1:32:56 | 4:41 | 44 | 19:06 | 62 | 21:07 | 109.20 | 8:48:34 | 4:50 | 74 | 2:13:33 | 108 | 2:13:33 |
| Neue Ausspanne | 13.80 | 1:12:15 | 5:14 | 85 | 22:01 | 100 | 22:01 | 123.00 | 10:00:49 | 4:53 | 74 | 2:35:16 | 108 | 2:35:16 |
| Kleiner Inselsber | 13.90 | 1:08:15 | 4:54 | 43 | 18:08 | 52 | 18:08 | 136.90 | 11:09:04 | 4:53 | 74 | 2:52:09 | 108 | 2:52:09 |
| Hohe Sonne | 19.70 | 1:59:44 | 6:04 | 155 | 52:14 | 229 | 52:14 | 156.60 | 13:08:48 | 5:02 | 74 | 3:44:23 | 108 | 3:44:23 |
| Hörschel | 14.70 | 1:29:22 | 6:04 | 128 | 35:24 | 175 | 35:24 | 171.30 | 14:38:10 | 5:07 | 76 | 4:19:47 | 95 | 4:19:47 |