



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

## Detailed evaluation

coffee to go

Total time: 14:50:54

Number: 182

Speed: 11.52 km/h

Running performance: 5:12 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 109 (of 236)

Best time in course: 10:18:23

Category:

Rank in category: 87(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	1:28:02	5:07	93	25:24	125	25:24	17.20	1:28:02	5:07	85	25:22	122	25:22
Schildwiese	20.10	1:41:13	5:02	100	33:17	144	34:51	37.30	3:09:15	5:04	85	56:41	122	56:41
Neuhaus	15.50	1:30:12	5:49	112	31:10	146	31:10	52.80	4:39:27	5:17	85	1:27:51	122	1:27:51
Masserberg	19.80	1:41:16	5:06	133	37:59	183	37:59	72.60	6:20:43	5:14	85	2:05:44	122	2:05:44
Allzunah	16.80	1:30:53	5:24	68	43:53	91	43:53	89.40	7:51:36	5:16	85	2:30:25	122	2:30:25
Grenzadler	19.80	1:37:38	4:55	66	23:48	92	25:49	109.20	9:29:14	5:12	85	2:54:13	122	2:54:13
Neue Ausspanne	13.80	1:04:06	4:38	29	13:52	34	13:52	123.00	10:33:20	5:08	85	3:07:47	122	3:07:47
Kleiner Inselsber	13.90	1:24:38	6:05	136	34:31	186	34:31	136.90	11:57:58	5:14	85	3:41:03	122	3:41:03
Hohe Sonne	19.70	1:38:39	5:00	92	31:09	125	31:09	156.60	13:36:37	5:12	85	4:12:12	122	4:12:12
Hörschel	14.70	1:14:17	5:03	54	20:19	63	20:19	171.30	14:50:54	5:12	87	4:32:31	109	4:32:31