



15. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 22.06.2013

Detailed evaluation

Fit & Run Wilde Fünfziger

Total time: 14:54:13

Number: 146

Speed: 11.49 km/h

Running performance: 5:13 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 112 (of 236)

Best time in course: 10:18:23

Category:

Rank in category: 89(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	1:50:25	6:25	153	47:47	229	47:47	17.20	1:50:25	6:25	87	47:45	125	47:45
Schildwiese	20.10	1:28:34	4:24	43	20:38	59	22:12	37.30	3:18:59	5:20	87	1:06:25	125	1:06:25
Neuhaus	15.50	1:48:07	6:58	150	49:05	224	49:05	52.80	5:07:06	5:48	87	1:55:30	125	1:55:30
Masserberg	19.80	1:23:16	4:12	40	19:59	50	19:59	72.60	6:30:22	5:22	87	2:15:23	125	2:15:23
Allzunah	16.80	1:47:49	6:25	127	1:00:49	186	1:00:49	89.40	8:18:11	5:34	87	2:57:00	125	2:57:00
Grenzdler	19.80	1:31:13	4:36	31	17:23	44	19:24	109.20	9:49:24	5:23	87	3:14:23	125	3:14:23
Neue Ausspanne	13.80	1:00:32	4:23	13	10:18	16	10:18	123.00	10:49:56	5:17	87	3:24:23	125	3:24:23
Kleiner Inselsber	13.90	1:13:12	5:15	78	23:05	95	23:05	136.90	12:03:08	5:16	87	3:46:13	125	3:46:13
Hohe Sonne	19.70	1:33:18	4:44	66	25:48	88	25:48	156.60	13:36:26	5:12	87	4:12:01	125	4:12:01
Hörschel	14.70	1:17:47	5:17	73	23:49	94	23:49	171.30	14:54:13	5:13	89	4:35:50	112	4:35:50