



15. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 22.06.2013

Detailed evaluation

Mühlhäuser Laufmäuse

Total time: 16:09:29

Number: 17

Speed: 10.58 km/h

Running performance: 5:40 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 185 (of 236)

Best time in course: 10:18:23

Category:

Rank in category: 7(of 16)

Frauenstaffel

Best time in the category: 12:19:46

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	1:42:40	5:58	11	31:05	207	40:02	17.20	1:42:40	5:58	7	31:05	237	40:00
Schildwiese	20.10	1:48:22	5:23	10	22:17	192	42:00	37.30	3:31:02	5:39	7	53:22	237	1:18:28
Neuhaus	15.50	1:20:50	5:12	3	8:36	72	21:48	52.80	4:51:52	5:31	7	1:01:58	237	1:40:16
Masserberg	19.80	1:47:05	5:24	12	30:32	206	43:48	72.60	6:38:57	5:29	7	1:32:30	237	2:23:58
Allzunah	16.80	1:32:22	5:29	4	10:58	103	45:22	89.40	8:11:19	5:29	7	1:43:28	237	2:50:08
Grenzdler	19.80	1:47:19	5:25	9	20:30	165	35:30	109.20	9:58:38	5:28	7	2:03:58	237	3:23:37
Neue Ausspanne	13.80	1:16:48	5:33	9	18:04	147	26:34	123.00	11:15:26	5:29	7	2:22:02	237	3:49:53
Kleiner Inselsber	13.90	1:23:06	5:58	9	22:15	177	32:59	136.90	12:38:32	5:32	7	2:44:17	237	4:21:37
Hohe Sonne	19.70	1:54:55	5:50	12	34:12	213	47:25	156.60	14:33:27	5:34	7	3:18:29	237	5:09:02
Hörschel	14.70	1:36:02	6:31	11	31:14	201	42:04	171.30	16:09:29	5:39	7	3:49:43	185	5:51:06