



15. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 22.06.2013

Detailed evaluation

FLESSABANK-Laufteam

Total time: 15:26:29

Number: 198

Speed: 11.07 km/h

Running performance: 5:25 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 149 (of 236)

Best time in course: 10:18:23

Category:

Rank in category: 119(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	1:47:21	6:14	151	44:43	221	44:43	17.20	1:47:21	6:14	118	44:41	168	44:41
Schildwiese	20.10	1:43:59	5:10	115	36:03	164	37:37	37.30	3:31:20	5:39	118	1:18:46	168	1:18:46
Neuhaus	15.50	1:25:13	5:29	77	26:11	99	26:11	52.80	4:56:33	5:36	118	1:44:57	168	1:44:57
Masserberg	19.80	1:43:00	5:12	136	39:43	190	39:43	72.60	6:39:33	5:30	118	2:24:34	168	2:24:34
Allzunah	16.80	1:34:56	5:39	87	47:56	119	47:56	89.40	8:14:29	5:31	118	2:53:18	168	2:53:18
Grenzadler	19.80	1:46:43	5:23	114	32:53	160	34:54	109.20	10:01:12	5:30	118	3:26:11	168	3:26:11
Neue Ausspanne	13.80	1:16:37	5:33	112	26:23	143	26:23	123.00	11:17:49	5:30	118	3:52:16	168	3:52:16
Kleiner Inselsber	13.90	1:11:32	5:08	65	21:25	78	21:25	136.90	12:29:21	5:28	118	4:12:26	168	4:12:26
Hohe Sonne	19.70	1:21:01	4:06	14	13:31	23	13:31	156.60	13:50:22	5:18	118	4:25:57	168	4:25:57
Hörschel	14.70	1:36:07	6:32	140	42:09	203	42:09	171.30	15:26:29	5:24	119	5:08:06	149	5:08:06