



15. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 22.06.2013

Detailed evaluation

einfach laufen lassen

Number: 74

Course: 171.30 km
Blankenstein-Hörschel

Category:
Männerstaffel

Total time: 15:29:13

Speed: 11.04 km/h

Running performance: 5:25 min/km

Rank in course: 154 (of 236)

Best time in course: 10:18:23

Rank in category: 124(of 156)

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 | 1:32:43 | 5:23 | 119 | 30:05 | 166 | 30:05 | 17.20 | 1:32:43 | 5:23 | 125 | 30:03 | 177 | 30:03 |
| Schildwiese | 20.10 | 1:31:53 | 4:34 | 63 | 23:57 | 84 | 25:31 | 37.30 | 3:04:36 | 4:56 | 125 | 52:02 | 177 | 52:02 |
| Neuhaus | 15.50 | 1:28:00 | 5:40 | 100 | 28:58 | 129 | 28:58 | 52.80 | 4:32:36 | 5:09 | 125 | 1:21:00 | 177 | 1:21:00 |
| Masserberg | 19.80 | 1:31:57 | 4:38 | 95 | 28:40 | 123 | 28:40 | 72.60 | 6:04:33 | 5:01 | 125 | 1:49:34 | 177 | 1:49:34 |
| Allzunah | 16.80 | 1:50:45 | 6:35 | 142 | 1:03:45 | 208 | 1:03:45 | 89.40 | 7:55:18 | 5:18 | 125 | 2:34:07 | 177 | 2:34:07 |
| Grenzadler | 19.80 | 1:51:47 | 5:38 | 132 | 37:57 | 189 | 39:58 | 109.20 | 9:47:05 | 5:22 | 125 | 3:12:04 | 177 | 3:12:04 |
| Neue Ausspanne | 13.80 | 1:15:41 | 5:29 | 105 | 25:27 | 131 | 25:27 | 123.00 | 11:02:46 | 5:23 | 125 | 3:37:13 | 177 | 3:37:13 |
| Kleiner Inselsber | 13.90 | 1:21:32 | 5:51 | 128 | 31:25 | 164 | 31:25 | 136.90 | 12:24:18 | 5:26 | 125 | 4:07:23 | 177 | 4:07:23 |
| Hohe Sonne | 19.70 | 1:42:33 | 5:12 | 113 | 35:03 | 156 | 35:03 | 156.60 | 14:06:51 | 5:24 | 125 | 4:42:26 | 177 | 4:42:26 |
| Hörschel | 14.70 | 1:22:22 | 5:36 | 100 | 28:24 | 128 | 28:24 | 171.30 | 15:29:13 | 5:25 | 124 | 5:10:50 | 154 | 5:10:50 |