



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: 11.06 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
Grenzdler	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