



15. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 22.06.2013

Detailed evaluation

m&i - Fachklinik Bad Liebenstein

Total time: 16:31:33

Number: 22

Speed: 10.35 km/h

Running performance: 5:47 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 198 (of 236)

Best time in course: 10:18:23

Category:

Rank in category: 45(of 64)

Mixstaffel

Best time in the category: 11:24:50

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	1:41:23	5:53	53	31:56	204	38:45	17.20	1:41:23	5:53	14	13:06	237	38:43
Schildwiese	20.10	2:53:35	8:38	62	1:47:13	234	1:47:13	37.30	4:34:58	7:22	14	1:24:41	237	2:22:24
Neuhaus	15.50	1:17:20	4:59	9	7:29	49	18:18	52.80	5:52:18	6:40	14	56:14	237	2:40:42
Masserberg	19.80	1:31:06	4:36	23	23:11	114	27:49	72.60	7:23:24	6:06	14	24:01	237	3:08:25
Allzunah	16.80	1:41:05	6:01	35	27:22	151	54:05	89.40	9:04:29	6:05	14	13:07	237	3:43:18
Grenzadler	19.80	1:32:19	4:39	14	20:30	56	20:30	109.20	10:36:48	5:49	14		237	4:01:47
Neue Ausspanne	13.80	1:14:32	5:24	16	18:25	120	24:18	123.00	11:51:20	5:46	14		237	4:25:47
Kleiner Inselsber	13.90	1:24:44	6:05	41	26:39	187	34:37	136.90	13:16:04	5:48	14		237	4:59:09
Hohe Sonne	19.70	1:43:37	5:15	38	33:48	163	36:07	156.60	14:59:41	5:44	14		237	5:35:16
Hörschel	14.70	1:31:52	6:14	43	31:11	187	37:54	171.30	16:31:33	5:47	45	5:06:43	198	6:13:10