



15. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 22.06.2013

Detailed evaluation

EinsamRennerGenossenschaft

Total time: 15:02:59

Number: 34

Speed: 11.36 km/h

Running performance: 5:16 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 123 (of 236)

Best time in course: 10:18:23

Category:

Rank in category: 20(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    | 1:25:51    | 4:59         | 20          | 16:24       | 102       | 23:13        | 17.20         | 1:25:51    | 4:59         | 41       |             | 237       | 23:11        |
| Schildwiese        | 20.10    | 1:29:54    | 4:28         | 18          | 23:32       | 70        | 23:32        | 37.30         | 2:55:45    | 4:42         | 41       |             | 237       | 43:11        |
| Neuhaus            | 15.50    | 1:27:56    | 5:40         | 24          | 18:05       | 127       | 28:54        | 52.80         | 4:23:41    | 4:59         | 41       |             | 237       | 1:12:05      |
| Masserberg         | 19.80    | 1:31:25    | 4:37         | 24          | 23:30       | 116       | 28:08        | 72.60         | 5:55:06    | 4:53         | 41       |             | 237       | 1:40:07      |
| Allzunah           | 16.80    | 1:29:17    | 5:18         | 15          | 15:34       | 71        | 42:17        | 89.40         | 7:24:23    | 4:58         | 41       |             | 237       | 2:03:12      |
| Grenzadler         | 19.80    | 1:34:57    | 4:47         | 22          | 23:08       | 80        | 23:08        | 109.20        | 8:59:20    | 4:56         | 41       |             | 237       | 2:24:19      |
| Neue Ausspanne     | 13.80    | 1:25:01    | 6:09         | 41          | 28:54       | 198       | 34:47        | 123.00        | 10:24:21   | 5:04         | 41       |             | 237       | 2:58:48      |
| Kleiner Inselsber  | 13.90    | 1:26:42    | 6:14         | 45          | 28:37       | 197       | 36:35        | 136.90        | 11:51:03   | 5:11         | 41       |             | 237       | 3:34:08      |
| Hohe Sonne         | 19.70    | 1:47:24    | 5:27         | 47          | 37:35       | 185       | 39:54        | 156.60        | 13:38:27   | 5:13         | 41       |             | 237       | 4:14:02      |
| Hörschel           | 14.70    | 1:24:32    | 5:45         | 28          | 23:51       | 144       | 30:34        | 171.30        | 15:02:59   | 5:16         | 20       | 3:38:09     | 123       | 4:44:36      |