



15. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 22.06.2013

Detailed evaluation

Team Wadenkrampf Berlin

Total time: 16:11:36

Number: 201

Speed: 10.58 km/h

Running performance: 5:40 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 186 (of 236)

Best time in course: 10:18:23

Category:

Rank in category: 141(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	2:02:46	7:08	156	1:00:08	235	1:00:08	17.20	2:02:46	7:08	148	1:00:06	219	1:00:06
Schildwiese	20.10	1:36:27	4:47	84	28:31	110	30:05	37.30	3:39:13	5:52	148	1:26:39	219	1:26:39
Neuhaus	15.50	1:23:39	5:23	69	24:37	89	24:37	52.80	5:02:52	5:44	148	1:51:16	219	1:51:16
Masserberg	19.80	1:33:08	4:42	102	29:51	134	29:51	72.60	6:36:00	5:27	148	2:21:01	219	2:21:01
Allzunah	16.80	1:31:07	5:25	71	44:07	94	44:07	89.40	8:07:07	5:26	148	2:45:56	219	2:45:56
Grenzadler	19.80	1:54:52	5:48	137	41:02	203	43:03	109.20	10:01:59	5:30	148	3:26:58	219	3:26:58
Neue Ausspanne	13.80	1:31:09	6:36	153	40:55	219	40:55	123.00	11:33:08	5:38	148	4:07:35	219	4:07:35
Kleiner Inselsber	13.90	1:27:15	6:16	141	37:08	198	37:08	136.90	13:00:23	5:42	148	4:43:28	219	4:43:28
Hohe Sonne	19.70	1:39:41	5:03	99	32:11	134	32:11	156.60	14:40:04	5:37	148	5:15:39	219	5:15:39
Hörschel	14.70	1:31:32	6:13	133	37:34	185	37:34	171.30	16:11:36	5:40	141	5:53:13	186	5:53:13