



15. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 22.06.2013

Detailed evaluation

Sportluck LADY`S

Number: 3

Course: 171.30 km
Blankenstein-Hörschel

Category:
Frauenstaffel

Total time: 14:27:18

Speed: 11.83 km/h

Running performance: 5:04 min/km

Rank in course: 80 (of 236)

Best time in course: 10:18:23

Rank in category: 3(of 16)

Best time in the category: 12:19:46

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	1:13:44	4:17	2	2:09	22	11:06	17.20	1:13:44	4:17	3	2:09	237	11:04
Schildwiese	20.10	1:39:40	4:57	5	13:35	130	33:18	37.30	2:53:24	4:38	3	15:44	237	40:50
Neuhaus	15.50	1:29:37	5:46	6	17:23	143	30:35	52.80	4:23:01	4:58	3	33:07	237	1:11:25
Masserberg	19.80	1:32:51	4:41	5	16:18	129	29:34	72.60	5:55:52	4:54	3	49:25	237	1:40:53
Allzunah	16.80	1:30:12	5:22	2	8:48	80	43:12	89.40	7:26:04	4:59	3	58:13	237	2:04:53
Grenzadler	19.80	1:50:54	5:36	10	24:05	184	39:05	109.20	9:16:58	5:06	3	1:22:18	237	2:41:57
Neue Ausspanne	13.80	1:08:21	4:57	4	9:37	71	18:07	123.00	10:25:19	5:05	3	1:31:55	237	2:59:46
Kleiner Inselsber	13.90	1:06:44	4:48	2	5:53	36	16:37	136.90	11:32:03	5:03	3	1:37:48	237	3:15:08
Hohe Sonne	19.70	1:38:10	4:58	4	17:27	121	30:40	156.60	13:10:13	5:02	3	1:55:15	237	3:45:48
Hörschel	14.70	1:17:05	5:14	3	12:17	89	23:07	171.30	14:27:18	5:03	3	2:07:32	80	4:08:55