



15. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 22.06.2013

Detailed evaluation

Laufladen Jena

Total time: 11:19:37

Number: 180

Speed: 15.10 km/h

Running performance: 3:58 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 4 (of 236)

Best time in course: 10:18:23

Category:

Rank in category: 4(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	1:05:42	3:49	4	3:04	4	3:04	17.20	1:05:42	3:49	4	3:02	5	3:02
Schildwiese	20.10	1:19:00	3:55	10	11:04	15	12:38	37.30	2:24:42	3:52	4	12:08	5	12:08
Neuhaus	15.50	1:06:33	4:17	7	7:31	7	7:31	52.80	3:31:15	4:00	4	19:39	5	19:39
Masserberg	19.80	1:03:17	3:11	1	-	1	-	72.60	4:34:32	3:46	4	19:33	5	19:33
Allzunah	16.80	1:12:45	4:19	6	25:45	6	25:45	89.40	5:47:17	3:53	4	26:06	5	26:06
Grenzadler	19.80	1:24:27	4:15	17	10:37	23	12:38	109.20	7:11:44	3:57	4	36:43	5	36:43
Neue Ausspanne	13.80	56:19	4:04	7	6:05	8	6:05	123.00	8:08:03	3:58	4	42:30	5	42:30
Kleiner Inselsber	13.90	54:37	3:55	3	4:30	3	4:30	136.90	9:02:40	3:57	4	45:45	5	45:45
Hohe Sonne	19.70	1:17:08	3:54	7	9:38	9	9:38	156.60	10:19:48	3:57	4	55:23	5	55:23
Hörschel	14.70	59:49	4:04	6	5:51	6	5:51	171.30	11:19:37	3:58	4	1:01:14	4	1:01:14