



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

## Detailed evaluation

ilm runners

Total time: 13:54:45

Number: 143

Speed: 12.29 km/h

Running performance: 4:52 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 51 (of 236)

Best time in course: 10:18:23

Category:

Rank in category: 41(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    | 1:20:17    | 4:40         | 40          | 17:39       | 53        | 17:39        | 17.20         | 1:20:17    | 4:40         | 39       | 17:37       | 63        | 17:37        |
| Schildwiese        | 20.10    | 1:35:17    | 4:44         | 77          | 27:21       | 101       | 28:55        | 37.30         | 2:55:34    | 4:42         | 39       | 43:00       | 63        | 43:00        |
| Neuhaus            | 15.50    | 1:29:07    | 5:44         | 105         | 30:05       | 135       | 30:05        | 52.80         | 4:24:41    | 5:00         | 39       | 1:13:05     | 63        | 1:13:05      |
| Masserberg         | 19.80    | 1:21:17    | 4:06         | 29          | 18:00       | 37        | 18:00        | 72.60         | 5:45:58    | 4:45         | 39       | 1:30:59     | 63        | 1:30:59      |
| Allzunah           | 16.80    | 1:22:30    | 4:54         | 20          | 35:30       | 26        | 35:30        | 89.40         | 7:08:28    | 4:47         | 39       | 1:47:17     | 63        | 1:47:17      |
| Grenzadler         | 19.80    | 1:36:52    | 4:53         | 63          | 23:02       | 89        | 25:03        | 109.20        | 8:45:20    | 4:48         | 39       | 2:10:19     | 63        | 2:10:19      |
| Neue Ausspanne     | 13.80    | 1:02:31    | 4:31         | 18          | 12:17       | 21        | 12:17        | 123.00        | 9:47:51    | 4:46         | 39       | 2:22:18     | 63        | 2:22:18      |
| Kleiner Inselsber  | 13.90    | 1:24:20    | 6:04         | 135         | 34:13       | 185       | 34:13        | 136.90        | 11:12:11   | 4:54         | 39       | 2:55:16     | 63        | 2:55:16      |
| Hohe Sonne         | 19.70    | 1:22:32    | 4:11         | 15          | 15:02       | 25        | 15:02        | 156.60        | 12:34:43   | 4:49         | 39       | 3:10:18     | 63        | 3:10:18      |
| Hörschel           | 14.70    | 1:20:02    | 5:26         | 86          | 26:04       | 109       | 26:04        | 171.30        | 13:54:45   | 4:52         | 41       | 3:36:22     | 51        | 3:36:22      |