



15. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 22.06.2013

Detailed evaluation

LG Tri & Run Uni Jena

Number: 32

Course: 171.30 km
Blankenstein-Hörschel

Category:
Mixstaffel

Total time: 12:21:24

Speed: 13.84 km/h
Running performance: 4:20 min/km

Rank in course: 10 (of 236)
Best time in course: 10:18:23

Rank in category: 2(of 64)
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 | 1:11:27 | 4:09 | 6 | 2:00 | 14 | 8:49 | 17.20 | 1:11:27 | 4:09 | 34 | | 237 | 8:47 |
| Schildwiese | 20.10 | 1:19:15 | 3:56 | 7 | 12:53 | 17 | 12:53 | 37.30 | 2:30:42 | 4:02 | 34 | | 237 | 18:08 |
| Neuhaus | 15.50 | 1:18:22 | 5:03 | 12 | 8:31 | 61 | 19:20 | 52.80 | 3:49:04 | 4:20 | 34 | | 237 | 37:28 |
| Masserberg | 19.80 | 1:15:26 | 3:48 | 6 | 7:31 | 15 | 12:09 | 72.60 | 5:04:30 | 4:11 | 34 | | 237 | 49:31 |
| Allzunah | 16.80 | 1:13:43 | 4:23 | 1 | - | 7 | 26:43 | 89.40 | 6:18:13 | 4:13 | 34 | | 237 | 57:02 |
| Grenzdler | 19.80 | 1:20:13 | 4:03 | 3 | 8:24 | 12 | 8:24 | 109.20 | 7:38:26 | 4:11 | 34 | | 237 | 1:03:25 |
| Neue Ausspanne | 13.80 | 1:05:42 | 4:45 | 5 | 9:35 | 46 | 15:28 | 123.00 | 8:44:08 | 4:15 | 34 | | 237 | 1:18:35 |
| Kleiner Inselsber | 13.90 | 1:10:57 | 5:06 | 11 | 12:52 | 75 | 20:50 | 136.90 | 9:55:05 | 4:20 | 34 | | 237 | 1:38:10 |
| Hohe Sonne | 19.70 | 1:20:14 | 4:04 | 8 | 10:25 | 21 | 12:44 | 156.60 | 11:15:19 | 4:18 | 34 | | 237 | 1:50:54 |
| Hörschel | 14.70 | 1:06:05 | 4:29 | 3 | 5:24 | 25 | 12:07 | 171.30 | 12:21:24 | 4:19 | 2 | 56:34 | 10 | 2:03:01 |