



15. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 22.06.2013

Detailed evaluation

48er-VR Bank Coburg-Frauen Team Total time: 15:18:14
 Speed: 11.17 km/h
 Running performance: 5:22 min/km

Number: 4

Course: 171.30 km
 Blankenstein-Hörschel

Rank in course: 140 (of 236)
 Best time in course: 10:18:23

Category:
 Frauenstaffel

Rank in category: 5(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	1:32:25	5:22	6	20:50	163	29:47	17.20	1:32:25	5:22	5	20:50	237	29:45
Schildwiese	20.10	1:39:02	4:55	4	12:57	127	32:40	37.30	3:11:27	5:07	5	33:47	237	58:53
Neuhaus	15.50	1:25:05	5:29	4	12:51	98	26:03	52.80	4:36:32	5:14	5	46:38	237	1:24:56
Masserberg	19.80	1:37:18	4:54	8	20:45	169	34:01	72.60	6:13:50	5:08	5	1:07:23	237	1:58:51
Allzunah	16.80	1:36:45	5:45	6	15:21	130	49:45	89.40	7:50:35	5:15	5	1:22:44	237	2:29:24
Grenzdler	19.80	1:46:27	5:22	7	19:38	157	34:38	109.20	9:37:02	5:17	5	1:42:22	237	3:02:01
Neue Ausspanne	13.80	1:14:47	5:25	6	16:03	124	24:33	123.00	10:51:49	5:17	5	1:58:25	237	3:26:16
Kleiner Inselsber	13.90	1:23:22	5:59	10	22:31	180	33:15	136.90	12:15:11	5:22	5	2:20:56	237	3:58:16
Hohe Sonne	19.70	1:37:37	4:57	3	16:54	114	30:07	156.60	13:52:48	5:19	5	2:37:50	237	4:28:23
Hörschel	14.70	1:25:26	5:48	8	20:38	152	31:28	171.30	15:18:14	5:21	5	2:58:28	140	4:59:51