



17. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 20.06.2015

Detailed evaluation

Long Island Ice Tea

Total time: 14:28:09

Number: 20

Speed: 11.61 km/h

Running performance: 5:09 min/km

Course: 168.50 km

Blankenstein-Hörschel

Rank in course: 94 (of 230)

Best time in course: 10:28:35

Category:

Rank in category: 76(of 144)

Männerstaffel

Best time in the category: 10:28:35

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	17.00	1:48:34	6:23	141	41:49	216	41:49	17.00	1:48:34	6:23	141	41:49	216	41:49
Schildwiese	19.20	1:39:04	5:09	109	32:54	153	32:54	36.20	3:27:38	5:44	137	1:12:29	203	1:12:29
Neuhaus	16.00	1:47:31	6:43	141	48:09	213	48:09	52.20	5:15:09	6:02	141	1:59:41	214	1:59:41
Masserberg	17.30	1:23:40	4:50	55	19:12	65	20:34	69.50	6:38:49	5:44	135	2:16:58	190	2:16:58
Allzunah	17.90	1:19:14	4:25	19	13:23	24	13:23	87.40	7:58:03	5:28	114	2:26:25	148	2:26:25
Grenzadler	20.00	1:38:37	4:55	72	27:29	111	28:50	107.40	9:36:40	5:22	108	2:50:52	141	2:50:52
Neue Ausspanne	13.40	1:02:22	4:39	30	13:32	35	13:32	120.80	10:39:02	5:17	94	3:02:12	119	3:02:12
Kleiner Inselsber	13.90	1:05:28	4:42	35	12:37	42	12:37	134.70	11:44:30	5:13	86	3:14:15	107	3:14:15
Hohe Sonne	18.80	1:33:43	4:59	71	25:24	96	25:24	153.50	13:18:13	5:12	85	3:38:46	103	3:38:46
Hörschel	15.00	1:09:56	4:39	55	20:50	66	20:50	168.50	14:28:09	5:09	77	3:59:34	95	3:59:34