



# 17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

## Detailed evaluation

ilmrunners

Total time: 14:53:24

Number: 153

Speed: 11.28 km/h

Running performance: 5:18 min/km

Course: 168.50 km

Blankenstein-Hörschel

Rank in course: 121 (of 230)

Best time in course: 10:28:35

Category:

Rank in category: 96(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	1:37:44	5:44	110	30:59	163	30:59	17.00	1:37:44	5:44	110	30:59	163	30:59
Schildwiese	19.20	1:46:22	5:32	129	40:12	189	40:12	36.20	3:24:06	5:38	132	1:08:57	191	1:08:57
Neuhaus	16.00	1:22:19	5:08	59	22:57	71	22:57	52.20	4:46:25	5:29	111	1:30:57	151	1:30:57
Masserberg	17.30	1:21:03	4:41	40	16:35	46	17:57	69.50	6:07:28	5:17	90	1:45:37	115	1:45:37
Allzunah	17.90	1:39:38	5:33	108	33:47	145	33:47	87.40	7:47:06	5:20	97	2:15:28	122	2:15:28
Grenzdler	20.00	1:51:49	5:35	128	40:41	196	42:02	107.40	9:38:55	5:23	111	2:53:07	147	2:53:07
Neue Ausspanne	13.40	1:02:01	4:37	28	13:11	33	13:11	120.80	10:40:56	5:18	97	3:04:06	123	3:04:06
Kleiner Inselsber	13.90	1:12:29	5:12	72	19:38	88	19:38	134.70	11:53:25	5:17	93	3:23:10	115	3:23:10
Hohe Sonne	18.80	1:33:19	4:57	70	25:00	95	25:00	153.50	13:26:44	5:15	91	3:47:17	113	3:47:17
Hörschel	15.00	1:26:40	5:46	123	37:34	184	37:34	168.50	14:53:24	5:18	97	4:24:49	122	4:24:49