



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

Detailed evaluation

Muskelkater

Total time: 16:18:52

Number: 235

Speed: 10.30 km/h

Running performance: 5:49 min/km

Course: 168.50 km

Blankenstein-Hörschel

Rank in course: 198 (of 230)

Best time in course: 10:28:35

Category:

Rank in category: 55(of 73)

Mixstaffel

Best time in the category: 11:36:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	1:21:43	4:48	8	7:59	45	14:58	17.00	1:21:43	4:48	8	7:59	231	14:58
Schildwiese	19.20	1:46:05	5:31	51	39:02	187	39:55	36.20	3:07:48	5:11	29	46:58	231	52:39
Neuhaus	16.00	1:41:17	6:19	58	25:45	200	41:55	52.20	4:49:05	5:32	38	1:12:43	231	1:33:37
Masserberg	17.30	1:33:28	5:24	31	30:22	142	30:22	69.50	6:22:33	5:30	35	1:39:29	231	2:00:42
Allzunah	17.90	1:54:52	6:25	64	39:44	214	49:01	87.40	8:17:25	5:41	43	2:17:33	231	2:45:47
Grenzadler	20.00	2:09:12	6:27	68	59:25	225	59:25	107.40	10:26:37	5:50	56	3:13:14	231	3:40:49
Neue Ausspanne	13.40	1:32:23	6:53	71	35:51	226	43:33	120.80	11:59:00	5:57	59	3:48:18	231	4:22:10
Kleiner Inselsber	13.90	1:18:35	5:39	31	20:20	141	25:44	134.70	13:17:35	5:55	57	4:01:29	231	4:47:20
Hohe Sonne	18.80	1:27:50	4:40	13	17:43	61	19:31	153.50	14:45:25	5:46	53	4:13:13	231	5:05:58
Hörschel	15.00	1:33:27	6:13	57	40:03	206	44:21	168.50	16:18:52	5:48	55	4:42:06	199	5:50:17