



17. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 20.06.2015

Detailed evaluation

AOL Altensteiner Oberland Mix

Total time: 13:48:15

Number: 156

Speed: 12.17 km/h

Running performance: 4:55 min/km

Course: 168.50 km

Blankenstein-Hörschel

Rank in course: 53 (of 230)

Best time in course: 10:28:35

Category:

Rank in category: 11(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	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	1:27:47	5:09	21	14:03	84	21:02	17.00	1:27:47	5:09	21	14:03	231	21:02
Schildwiese	19.20	1:18:12	4:04	6	11:09	27	12:02	36.20	2:45:59	4:35	8	25:09	42	30:50
Neuhaus	16.00	1:29:41	5:36	28	14:09	133	30:19	52.20	4:15:40	4:53	9	39:18	231	1:00:12
Masserberg	17.30	1:32:44	5:21	28	29:38	135	29:38	69.50	5:48:24	5:00	11	1:05:20	231	1:26:33
Allzunah	17.90	1:31:40	5:07	15	16:32	91	25:49	87.40	7:20:04	5:02	10	1:20:12	231	1:48:26
Grenzadler	20.00	1:16:48	3:50	3	7:01	8	7:01	107.40	8:36:52	4:48	8	1:23:29	231	1:51:04
Neue Ausspanne	13.40	1:21:35	6:05	46	25:03	187	32:45	120.80	9:58:27	4:57	10	1:47:45	231	2:21:37
Kleiner Inselsber	13.90	1:18:10	5:37	29	19:55	136	25:19	134.70	11:16:37	5:01	13	2:00:31	231	2:46:22
Hohe Sonne	18.80	1:22:42	4:23	7	12:35	34	14:23	153.50	12:39:19	4:56	12	2:07:07	231	2:59:52
Hörschel	15.00	1:08:56	4:35	10	15:32	61	19:50	168.50	13:48:15	4:54	11	2:11:29	54	3:19:40