



17. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 20.06.2015

Detailed evaluation

LTV Erfurt Frauen Montagsgruppe

Total time: 13:54:21

Number: 89

Speed: 12.08 km/h

Running performance: 4:57 min/km

Course: 168.50 km

Blankenstein-Hörschel

Rank in course: 62 (of 230)

Best time in course: 10:28:35

Category:

Rank in category: 3(of 13)

Frauenstaffel

Best time in the category: 12:48:16

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	1:28:04	5:10	3	5:42	87	21:19	17.00	1:28:04	5:10	3	5:42	231	21:19
Schildwiese	19.20	1:29:35	4:39	3	8:41	94	23:25	36.20	2:57:39	4:54	2	14:23	231	42:30
Neuhaus	16.00	1:23:00	5:11	4	15:52	79	23:38	52.20	4:20:39	4:59	2	30:15	231	1:05:11
Masserberg	17.30	1:29:03	5:08	3	10:13	101	25:57	69.50	5:49:42	5:01	2	40:28	231	1:27:51
Allzunah	17.90	1:29:22	4:59	2	11:09	77	23:31	87.40	7:19:04	5:01	2	51:37	231	1:47:26
Grenzadler	20.00	1:35:59	4:47	2	12:10	88	26:12	107.40	8:55:03	4:58	2	1:03:47	231	2:09:15
Neue Ausspanne	13.40	55:36	4:08	1	-	8	6:46	120.80	9:50:39	4:53	2	52:34	231	2:13:49
Kleiner Inselsber	13.90	1:10:40	5:05	2	7:25	73	17:49	134.70	11:01:19	4:54	2	50:41	231	2:31:04
Hohe Sonne	18.80	1:40:02	5:19	4	12:32	140	31:43	153.50	12:41:21	4:57	3	54:56	231	3:01:54
Hörschel	15.00	1:13:00	4:51	2	11:09	86	23:54	168.50	13:54:21	4:57	3	1:06:05	63	3:25:46