



17. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 20.06.2015

Detailed evaluation

LAUF MIT BLEIB FIT Ernstroda

Total time: 14:48:40

Number: 190

Speed: 11.34 km/h

Running performance: 5:16 min/km

Course: 168.50 km

Blankenstein-Hörschel

Rank in course: 113 (of 230)

Best time in course: 10:28:35

Category:

Rank in category: 21(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	1:24:33	4:58	12	10:49	61	17:48	17.00	1:24:33	4:58	12	10:49	231	17:48
Schildwiese	19.20	1:45:24	5:29	49	38:21	183	39:14	36.20	3:09:57	5:14	33	49:07	231	54:48
Neuhaus	16.00	1:24:50	5:18	14	9:18	95	25:28	52.20	4:34:47	5:15	24	58:25	231	1:19:19
Masserberg	17.30	1:35:18	5:30	37	32:12	154	32:12	69.50	6:10:05	5:19	24	1:27:01	231	1:48:14
Allzunah	17.90	1:48:54	6:05	48	33:46	189	43:03	87.40	7:58:59	5:28	31	1:59:07	231	2:27:21
Grenzadler	20.00	1:25:36	4:16	12	15:49	35	15:49	107.40	9:24:35	5:15	22	2:11:12	231	2:38:47
Neue Ausspanne	13.40	1:08:39	5:07	11	12:07	82	19:49	120.80	10:33:14	5:14	21	2:22:32	231	2:56:24
Kleiner Inselsber	13.90	1:11:04	5:06	13	12:49	76	18:13	134.70	11:44:18	5:13	18	2:28:12	231	3:14:03
Hohe Sonne	18.80	1:39:17	5:16	33	29:10	137	30:58	153.50	13:23:35	5:14	19	2:51:23	231	3:44:08
Hörschel	15.00	1:25:05	5:40	45	31:41	175	35:59	168.50	14:48:40	5:16	21	3:11:54	114	4:20:05