



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

## Detailed evaluation

ilmrunners

Total time: 15:55:27

Number: 143

Speed: 10.55 km/h

Running performance: 5:40 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 170 (of 230)

Best time in course: 10:30:45

Category:

Rank in category: 43(of 75)

Mixstaffel

Best time in the category: 11:40:09

### Intermediate times

### Stage score

### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos  |       | Behind |       | Total<br>km | Total<br>Time | Total<br>min/km | Pos  |         | Behind |         |
|-------------------|-------------|---------------|-----------------|------|-------|--------|-------|-------------|---------------|-----------------|------|---------|--------|---------|
|                   |             |               |                 | Cat. | Cat.  | Total  | Total |             |               |                 | Cat. | Cat.    | Total  | Total   |
| Grumbach          | 17.60       | 1:49:55       | 6:14            | 67   | 39:17 | 217    | 46:27 | 17.60       | 1:49:55       | 6:14            | 67   | 39:17   | 231    | 46:27   |
| Schildwiese       | 18.60       | 1:35:09       | 5:06            | 33   | 27:05 | 123    | 27:05 | 36.20       | 3:25:04       | 5:39            | 54   | 1:03:20 | 231    | 1:11:08 |
| Neuhaus           | 16.00       | 1:41:36       | 6:20            | 54   | 33:45 | 198    | 42:19 | 52.20       | 5:06:40       | 5:52            | 60   | 1:25:39 | 231    | 1:52:53 |
| Masserberg        | 17.30       | 1:38:13       | 5:40            | 41   | 27:46 | 156    | 33:29 | 69.50       | 6:44:53       | 5:49            | 56   | 1:53:25 | 231    | 2:24:36 |
| Allzunah          | 17.90       | 1:25:38       | 4:47            | 7    | 17:38 | 32     | 17:38 | 87.40       | 8:10:31       | 5:36            | 33   | 2:03:16 | 231    | 2:39:32 |
| Grenzadler        | 20.00       | 1:45:52       | 5:17            | 49   | 31:33 | 146    | 33:45 | 107.40      | 9:56:23       | 5:33            | 35   | 2:34:49 | 231    | 3:13:17 |
| Neue Ausspanne    | 13.70       | 1:22:03       | 5:59            | 42   | 26:50 | 166    | 32:37 | 121.10      | 11:18:26      | 5:36            | 38   | 2:54:59 | 231    | 3:45:54 |
| Kleiner Inselsber | 13.90       | 1:05:04       | 4:40            | 7    | 10:12 | 35     | 16:11 | 135.00      | 12:23:30      | 5:30            | 26   | 2:59:51 | 231    | 4:00:33 |
| Hohe Sonne        | 18.90       | 1:49:40       | 5:48            | 53   | 40:08 | 184    | 40:08 | 153.90      | 14:13:10      | 5:32            | 30   | 3:36:17 | 230    | 4:38:28 |
| Hörschel          | 15.00       | 1:42:17       | 6:49            | 71   | 39:01 | 220    | 51:59 | 168.90      | 15:55:27      | 5:39            | 43   | 4:15:18 | 170    | 5:24:42 |