



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

Detailed evaluation

Lauf mit bleib Fit Friedrichroda

Total time: 14:51:00

Number: 187

Speed: 11.31 km/h

Running performance: 5:17 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 91 (of 230)

Best time in course: 10:30:45

Category:

Rank in category: 73(of 143)

Männerstaffel

Best time in the category: 10:30:45

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	17.60	1:34:49	5:23	91	31:21	134	31:21	17.60	1:34:49	5:23	91	31:21	134	31:21
Schildwiese	18.60	1:19:10	4:15	15	10:17	25	11:06	36.20	2:53:59	4:48	33	40:03	53	40:03
Neuhaus	16.00	1:16:25	4:46	32	17:08	37	17:08	52.20	4:10:24	4:47	33	56:37	46	56:37
Masserberg	17.30	1:25:46	4:57	55	21:02	73	21:02	69.50	5:36:10	4:50	30	1:15:53	41	1:15:53
Allzunah	17.90	1:50:03	6:08	125	41:57	186	42:03	87.40	7:26:13	5:06	50	1:55:14	64	1:55:14
Grenzadler	20.00	1:35:17	4:45	52	23:10	78	23:10	107.40	9:01:30	5:02	49	2:18:24	63	2:18:24
Neue Ausspanne	13.70	1:22:04	5:59	116	32:38	167	32:38	121.10	10:23:34	5:08	59	2:51:02	74	2:51:02
Kleiner Inselsber	13.90	1:23:38	6:01	119	34:45	174	34:45	135.00	11:47:12	5:14	67	3:24:15	85	3:24:15
Hohe Sonne	18.90	1:44:16	5:31	102	32:38	151	34:44	153.90	13:31:28	5:16	72	3:56:46	91	3:56:46
Hörschel	15.00	1:19:32	5:18	87	29:14	111	29:14	168.90	14:51:00	5:16	73	4:20:15	91	4:20:15