



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

Detailed evaluation

Flachlandläufer

Total time: 16:01:32

Number: 223

Speed: 10.48 km/h

Running performance: 5:41 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 178 (of 230)

Best time in course: 10:30:45

Category:

Rank in category: 47(of 75)

Mixstaffel

Best time in the category: 11:40:09

Control	Intermediate times				Stage score				Total ranking					
	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	1:37:47	5:33	47	27:09	156	34:19	17.60	1:37:47	5:33	47	27:09	231	34:19
Schildwiese	18.60	1:38:31	5:17	39	30:27	153	30:27	36.20	3:16:18	5:25	44	54:34	231	1:02:22
Neuhaus	16.00	1:29:04	5:33	22	21:13	126	29:47	52.20	4:45:22	5:28	28	1:04:21	231	1:31:35
Masserberg	17.30	1:53:31	6:33	67	43:04	216	48:47	69.50	6:38:53	5:44	45	1:47:25	231	2:18:36
Allzunah	17.90	1:34:42	5:17	17	26:42	90	26:42	87.40	8:13:35	5:38	36	2:06:20	231	2:42:36
Grenzdler	20.00	2:08:32	6:25	67	54:13	216	56:25	107.40	10:22:07	5:47	57	3:00:33	231	3:39:01
Neue Ausspanne	13.70	1:17:20	5:38	28	22:07	133	27:54	121.10	11:39:27	5:46	52	3:16:00	231	4:06:55
Kleiner Inselsber	13.90	1:15:23	5:25	21	20:31	97	26:30	135.00	12:54:50	5:44	48	3:31:11	231	4:31:53
Hohe Sonne	18.90	1:41:09	5:21	36	31:37	134	31:37	153.90	14:35:59	5:41	45	3:59:06	230	5:01:17
Hörschel	15.00	1:25:33	5:42	41	22:17	150	35:15	168.90	16:01:32	5:41	47	4:21:23	178	5:30:47