



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

Detailed evaluation

KOMA-Läufer

Total time: 15:43:19

Number: 31

Speed: 10.69 km/h

Running performance: 5:35 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 147 (of 230)

Best time in course: 10:30:45

Category:

Rank in category: 114(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 | 1:36:49 | 5:30 | 99 | 33:21 | 148 | 33:21 | 17.60 | 1:36:49 | 5:30 | 99 | 33:21 | 148 | 33:21 |
| Schildwiese | 18.60 | 1:35:30 | 5:08 | 89 | 26:37 | 125 | 27:26 | 36.20 | 3:12:19 | 5:18 | 97 | 58:23 | 140 | 58:23 |
| Neuhaus | 16.00 | 1:21:30 | 5:05 | 63 | 22:13 | 71 | 22:13 | 52.20 | 4:33:49 | 5:14 | 75 | 1:20:02 | 102 | 1:20:02 |
| Masserberg | 17.30 | 1:39:34 | 5:45 | 112 | 34:50 | 161 | 34:50 | 69.50 | 6:13:23 | 5:22 | 93 | 1:53:06 | 121 | 1:53:06 |
| Allzunah | 17.90 | 1:46:39 | 5:57 | 118 | 38:33 | 171 | 38:39 | 87.40 | 8:00:02 | 5:29 | 101 | 2:29:03 | 130 | 2:29:03 |
| Grenzadler | 20.00 | 1:44:26 | 5:13 | 90 | 32:19 | 138 | 32:19 | 107.40 | 9:44:28 | 5:26 | 101 | 3:01:22 | 130 | 3:01:22 |
| Neue Ausspanne | 13.70 | 1:20:06 | 5:50 | 110 | 30:40 | 153 | 30:40 | 121.10 | 11:04:34 | 5:29 | 105 | 3:32:02 | 136 | 3:32:02 |
| Kleiner Inselsber | 13.90 | 1:20:09 | 5:45 | 102 | 31:16 | 144 | 31:16 | 135.00 | 12:24:43 | 5:30 | 108 | 4:01:46 | 138 | 4:01:46 |
| Hohe Sonne | 18.90 | 1:50:57 | 5:52 | 128 | 39:19 | 192 | 41:25 | 153.90 | 14:15:40 | 5:33 | 115 | 4:40:58 | 149 | 4:40:58 |
| Hörschel | 15.00 | 1:27:39 | 5:50 | 110 | 37:21 | 160 | 37:21 | 168.90 | 15:43:19 | 5:35 | 114 | 5:12:34 | 147 | 5:12:34 |