



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

## Detailed evaluation

X-Runners Mix

Total time: 13:24:39

Number: 194

Speed: 12.53 km/h

Running performance: 4:46 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 29 (of 230)

Best time in course: 10:30:45

Category:

Rank in category: 5(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	1:22:37	4:41	16	11:59	47	19:09	17.60	1:22:37	4:41	16	11:59	231	19:09	
Schildwiese	18.60	1:15:39	4:04	7	7:35	15	7:35	36.20	2:38:16	4:22	7	16:32	231	24:20	
Neuhaus	16.00	1:24:57	5:18	12	17:06	93	25:40	52.20	4:03:13	4:39	9	22:12	231	49:26	
Masserberg	17.30	1:34:24	5:27	35	23:57	132	29:40	69.50	5:37:37	4:51	10	46:09	231	1:17:20	
Allzunah	17.90	1:13:30	4:06	2	5:30	7	5:30	87.40	6:51:07	4:42	6	43:52	231	1:20:08	
Grenzdler	20.00	1:23:37	4:10	6	9:18	20	11:30	107.40	8:14:44	4:36	5	53:10	231	1:31:38	
Neue Ausspanne	13.70	1:11:12	5:11	12	15:59	81	21:46	121.10	9:25:56	4:40	6	1:02:29	231	1:53:24	
Kleiner Inselsber	13.90	1:23:21	5:59	45	28:29	171	34:28	135.00	10:49:17	4:48	6	1:25:38	231	2:26:20	
Hohe Sonne	18.90	1:22:44	4:22	8	13:12	24	13:12	153.90	12:12:01	4:45	5	1:35:08	230	2:37:19	
Hörschel	15.00	1:12:38	4:50	11	9:22	66	22:20	168.90	13:24:39	4:45	5	1:44:30	29	2:53:54	