



18. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 18.06.2016

Detailed evaluation

Muskelkater

Total time: 16:42:10

Number: 160

Speed: 10.06 km/h

Running performance: 5:56 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 208 (of 230)

Best time in course: 10:30:45

Category:

Rank in category: 138(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.	Stage score		Total ranking							
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	
Grumbach	17.60	1:21:08	4:36	23	17:40	35	17:40	17.60	1:21:08	4:36	23	17:40	36	17:40	
Schildwiese	18.60	1:36:22	5:10	96	27:29	132	28:18	36.20	2:57:30	4:54	46	43:34	68	43:34	
Neuhaus	16.00	1:46:33	6:39	139	47:16	211	47:16	52.20	4:44:03	5:26	106	1:30:16	136	1:30:16	
Masserberg	17.30	1:36:06	5:33	102	31:22	142	31:22	69.50	6:20:09	5:28	107	1:59:52	140	1:59:52	
Allzunah	17.90	1:57:59	6:35	136	49:53	211	49:59	87.40	8:18:08	5:41	125	2:47:09	171	2:47:09	
Grenzadler	20.00	1:47:58	5:23	103	35:51	158	35:51	107.40	10:06:06	5:38	126	3:23:00	173	3:23:00	
Neue Ausspanne	13.70	1:27:40	6:23	134	38:14	208	38:14	121.10	11:33:46	5:43	127	4:01:14	178	4:01:14	
Kleiner Inselsber	13.90	1:23:53	6:02	120	35:00	177	35:00	135.00	12:57:39	5:45	129	4:34:42	182	4:34:42	
Hohe Sonne	18.90	2:03:50	6:33	140	52:12	222	54:18	153.90	15:01:29	5:51	138	5:26:47	205	5:26:47	
Hörschel	15.00	1:40:41	6:42	135	50:23	216	50:23	168.90	16:42:10	5:56	138	6:11:25	208	6:11:25	