



18. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 18.06.2016

Detailed evaluation

Mühlhäuser Laufcombo

Total time: 15:49:47

Number: 47

Speed: 10.61 km/h

Running performance: 5:37 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 156 (of 230)

Best time in course: 10:30:45

Category:

Rank in category: 118(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	1:45:19	5:59	131	41:51	203	41:51	17.60	1:45:19	5:59	131	41:51	203	41:51
Schildwiese	18.60	1:33:53	5:02	78	25:00	109	25:49	36.20	3:19:12	5:30	117	1:05:16	170	1:05:16
Neuhaus	16.00	1:27:38	5:28	93	28:21	115	28:21	52.20	4:46:50	5:29	115	1:33:03	146	1:33:03
Masserberg	17.30	1:49:28	6:19	135	44:44	206	44:44	69.50	6:36:18	5:42	129	2:16:01	175	2:16:01
Allzunah	17.90	1:39:18	5:32	97	31:12	126	31:18	87.40	8:15:36	5:40	121	2:44:37	163	2:44:37
Grenzadler	20.00	1:54:39	5:43	128	42:32	194	42:32	107.40	10:10:15	5:40	127	3:27:09	177	3:27:09
Neue Ausspanne	13.70	1:17:06	5:37	97	27:40	129	27:40	121.10	11:27:21	5:40	124	3:54:49	171	3:54:49
Kleiner Inselsber	13.90	1:14:03	5:19	61	25:10	81	25:10	135.00	12:41:24	5:38	121	4:18:27	162	4:18:27
Hohe Sonne	18.90	1:37:33	5:09	80	25:55	114	28:01	153.90	14:18:57	5:34	117	4:44:15	151	4:44:15
Hörschel	15.00	1:30:50	6:03	118	40:32	181	40:32	168.90	15:49:47	5:37	118	5:19:02	156	5:19:02