



18. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 18.06.2016

Detailed evaluation

Sandhasenexpress Benshausen

Total time: 14:58:59

Number: 77

Speed: 11.21 km/h

Running performance: 5:19 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 100 (of 230)

Best time in course: 10:30:45

Category:

Rank in category: 82(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	1:37:35	5:32	103	34:07	155	34:07	17.60	1:37:35	5:32	103	34:07	155	34:07
Schildwiese	18.60	1:40:52	5:25	118	31:59	167	32:48	36.20	3:18:27	5:28	112	1:04:31	163	1:04:31
Neuhaus	16.00	1:32:28	5:46	113	33:11	153	33:11	52.20	4:50:55	5:34	120	1:37:08	161	1:37:08
Masserberg	17.30	1:37:25	5:37	105	32:41	150	32:41	69.50	6:28:20	5:35	115	2:08:03	152	2:08:03
Allzunah	17.90	2:03:18	6:53	140	55:12	223	55:18	87.40	8:31:38	5:51	138	3:00:39	198	3:00:39
Grenzadler	20.00	1:32:35	4:37	40	20:28	59	20:28	107.40	10:04:13	5:37	123	3:21:07	169	3:21:07
Neue Ausspanne	13.70	1:01:41	4:30	24	12:15	27	12:15	121.10	11:05:54	5:29	107	3:33:22	138	3:33:22
Kleiner Inselsber	13.90	58:10	4:11	8	9:17	10	9:17	135.00	12:04:04	5:21	86	3:41:07	107	3:41:07
Hohe Sonne	18.90	1:47:04	5:39	112	35:26	169	37:32	153.90	13:51:08	5:24	95	4:16:26	118	4:16:26
Hörschel	15.00	1:07:51	4:31	33	17:33	35	17:33	168.90	14:58:59	5:19	82	4:28:14	100	4:28:14