



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

## Detailed evaluation

Werratal Runners

Total time: 12:47:12

Number: 123

Speed: 13.21 km/h

Running performance: 4:32 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 20 (of 230)

Best time in course: 10:30:45

Category:

Rank in category: 16(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    | 1:18:29    | 4:27         | 15          | 15:01       | 24        | 15:01        | 17.60         | 1:18:29    | 4:27         | 15       | 15:01       | 24        | 15:01        |
| Schildwiese        | 18.60    | 1:23:49    | 4:30         | 24          | 14:56       | 42        | 15:45        | 36.20         | 2:42:18    | 4:29         | 14       | 28:22       | 22        | 28:22        |
| Neuhaus            | 16.00    | 1:16:14    | 4:45         | 30          | 16:57       | 35        | 16:57        | 52.20         | 3:58:32    | 4:34         | 16       | 44:45       | 21        | 44:45        |
| Masserberg         | 17.30    | 1:19:15    | 4:34         | 22          | 14:31       | 27        | 14:31        | 69.50         | 5:17:47    | 4:34         | 18       | 57:30       | 22        | 57:30        |
| Allzunah           | 17.90    | 1:28:23    | 4:56         | 36          | 20:17       | 46        | 20:23        | 87.40         | 6:46:10    | 4:38         | 18       | 1:15:11     | 23        | 1:15:11      |
| Grenzdler          | 20.00    | 1:30:45    | 4:32         | 34          | 18:38       | 49        | 18:38        | 107.40        | 8:16:55    | 4:37         | 20       | 1:33:49     | 26        | 1:33:49      |
| Neue Ausspanne     | 13.70    | 57:56      | 4:13         | 13          | 8:30        | 15        | 8:30         | 121.10        | 9:14:51    | 4:34         | 17       | 1:42:19     | 21        | 1:42:19      |
| Kleiner Inselsber  | 13.90    | 1:01:39    | 4:26         | 16          | 12:46       | 22        | 12:46        | 135.00        | 10:16:30   | 4:33         | 16       | 1:53:33     | 20        | 1:53:33      |
| Hohe Sonne         | 18.90    | 1:23:05    | 4:23         | 17          | 11:27       | 25        | 13:33        | 153.90        | 11:39:35   | 4:32         | 16       | 2:04:53     | 20        | 2:04:53      |
| Hörschel           | 15.00    | 1:07:37    | 4:30         | 28          | 17:19       | 29        | 17:19        | 168.90        | 12:47:12   | 4:32         | 16       | 2:16:27     | 20        | 2:16:27      |