



18. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 18.06.2016

Detailed evaluation

USV Erfurt e.V.

Number: 43

Course: 168.90 km  
Blankenstein-Hörschel

Category:  
Mixstaffel

Total time: 13:48:40

Speed: 12.16 km/h

Running performance: 4:55 min/km

Rank in course: 41 (of 230)

Best time in course: 10:30:45

Rank in category: 8(of 75)

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              | 1:12:10    | 4:06         | 3        | 1:32        | 9         | 8:42         | 17.60    | 1:12:10    | 4:06         | 3             | 1:32        | 231       | 8:42         |
| Schildwiese       | 18.60              | 1:31:12    | 4:54         | 25       | 23:08       | 89        | 23:08        | 36.20    | 2:43:22    | 4:30         | 8             | 21:38       | 231       | 29:26        |
| Neuhaus           | 16.00              | 1:15:35    | 4:43         | 4        | 7:44        | 32        | 16:18        | 52.20    | 3:58:57    | 4:34         | 6             | 17:56       | 231       | 45:10        |
| Masserberg        | 17.30              | 1:26:06    | 4:58         | 18       | 15:39       | 74        | 21:22        | 69.50    | 5:25:03    | 4:40         | 6             | 33:35       | 231       | 1:04:46      |
| Allzunah          | 17.90              | 1:17:20    | 4:19         | 4        | 9:20        | 14        | 9:20         | 87.40    | 6:42:23    | 4:36         | 5             | 35:08       | 231       | 1:11:24      |
| Grenzadler        | 20.00              | 1:32:52    | 4:38         | 19       | 18:33       | 62        | 20:45        | 107.40   | 8:15:15    | 4:36         | 6             | 53:41       | 231       | 1:32:09      |
| Neue Ausspanne    | 13.70              | 1:10:19    | 5:07         | 10       | 15:06       | 75        | 20:53        | 121.10   | 9:25:34    | 4:40         | 5             | 1:02:07     | 231       | 1:53:02      |
| Kleiner Inselsber | 13.90              | 1:16:14    | 5:29         | 25       | 21:22       | 108       | 27:21        | 135.00   | 10:41:48   | 4:45         | 5             | 1:18:09     | 231       | 2:18:51      |
| Hohe Sonne        | 18.90              | 1:36:47    | 5:07         | 30       | 27:15       | 111       | 27:15        | 153.90   | 12:18:35   | 4:47         | 6             | 1:41:42     | 230       | 2:43:53      |
| Hörschel          | 15.00              | 1:30:05    | 6:00         | 55       | 26:49       | 177       | 39:47        | 168.90   | 13:48:40   | 4:54         | 8             | 2:08:31     | 41        | 3:17:55      |