



18. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 18.06.2016

Detailed evaluation

Sport frei - The Joy of Running

Total time: 13:46:10

Number: 233

Speed: 12.27 km/h

Running performance: 4:53 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 37 (of 230)

Best time in course: 10:30:45

Category:

Rank in category: 7(of 75)

Mixstaffel

Best time in the category: 11:40:09

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	1:39:16	5:38	53	28:38	168	35:48	17.60	1:39:16	5:38	53	28:38	231	35:48
Schildwiese	18.60	1:14:30	4:00	5	6:26	11	6:26	36.20	2:53:46	4:48	18	32:02	231	39:50
Neuhaus	16.00	1:37:50	6:06	51	29:59	187	38:33	52.20	4:31:36	5:12	22	50:35	231	1:17:49
Masserberg	17.30	1:23:36	4:49	12	13:09	55	18:52	69.50	5:55:12	5:06	16	1:03:44	231	1:34:55
Allzunah	17.90	1:26:47	4:50	8	18:47	35	18:47	87.40	7:21:59	5:03	10	1:14:44	231	1:51:00
Grenzadler	20.00	1:35:53	4:47	25	21:34	83	23:46	107.40	8:57:52	5:00	12	1:36:18	231	2:14:46
Neue Ausspanne	13.70	1:02:04	4:31	3	6:51	29	12:38	121.10	9:59:56	4:57	8	1:36:29	231	2:27:24
Kleiner Inselsber	13.90	1:01:27	4:25	5	6:35	21	12:34	135.00	11:01:23	4:53	7	1:37:44	231	2:38:26
Hohe Sonne	18.90	1:23:35	4:25	9	14:03	26	14:03	153.90	12:24:58	4:50	7	1:48:05	230	2:50:16
Hörschel	15.00	1:21:12	5:24	29	17:56	124	30:54	168.90	13:46:10	4:53	7	2:06:01	37	3:15:25