



18. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 18.06.2016

Detailed evaluation

SC DHfK Leipziger Laufladen

Total time: 14:08:58

Number: 154

Speed: 11.87 km/h

Running performance: 5:02 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 55 (of 230)

Best time in course: 10:30:45

Category:

Rank in category: 9(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	1:25:25	4:51	19	14:47	61	21:57	17.60	1:25:25	4:51	19	14:47	231	21:57
Schildwiese	18.60	1:30:24	4:51	22	22:20	79	22:20	36.20	2:55:49	4:51	20	34:05	231	41:53
Neuhaus	16.00	1:22:58	5:11	9	15:07	78	23:41	52.20	4:18:47	4:57	15	37:46	231	1:05:00
Masserberg	17.30	1:42:37	5:55	47	32:10	176	37:53	69.50	6:01:24	5:11	19	1:09:56	231	1:41:07
Allzunah	17.90	1:39:09	5:32	25	31:09	125	31:09	87.40	7:40:33	5:16	17	1:33:18	231	2:09:34
Grenzadler	20.00	1:25:11	4:15	9	10:52	28	13:04	107.40	9:05:44	5:04	13	1:44:10	231	2:22:38
Neue Ausspanne	13.70	1:06:24	4:50	6	11:11	51	16:58	121.10	10:12:08	5:03	12	1:48:41	231	2:39:36
Kleiner Inselsber	13.90	1:14:00	5:19	15	19:08	79	25:07	135.00	11:26:08	5:04	11	2:02:29	231	3:03:11
Hohe Sonne	18.90	1:30:57	4:48	15	21:25	70	21:25	153.90	12:57:05	5:02	10	2:20:12	230	3:22:23
Hörschel	15.00	1:11:53	4:47	10	8:37	60	21:35	168.90	14:08:58	5:01	9	2:28:49	55	3:38:13