



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

Detailed evaluation

fit&run Irrläufer

Number: 219

Course: 168.90 km
Blankenstein-Hörschel

Category:
Mixstaffel

Total time: 14:34:03

Speed: 11.53 km/h

Running performance: 5:10 min/km

Rank in course: 81 (of 230)

Best time in course: 10:30:45

Rank in category: 14(of 75)

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	1:25:54	4:52	20	15:16	67	22:26	17.60	1:25:54	4:52	20	15:16	231	22:26
Schildwiese	18.60	1:19:05	4:15	10	11:01	24	11:01	36.20	2:44:59	4:33	10	23:15	231	31:03
Neuhaus	16.00	1:17:24	4:50	5	9:33	43	18:07	52.20	4:02:23	4:38	8	21:22	231	48:36
Masserberg	17.30	1:45:35	6:06	54	35:08	192	40:51	69.50	5:47:58	5:00	15	56:30	231	1:27:41
Allzunah	17.90	1:39:59	5:35	29	31:59	133	31:59	87.40	7:27:57	5:07	13	1:20:42	231	1:56:58
Grenzadler	20.00	1:45:26	5:16	48	31:07	145	33:19	107.40	9:13:23	5:09	15	1:51:49	231	2:30:17
Neue Ausspanne	13.70	1:25:14	6:13	53	30:01	185	35:48	121.10	10:38:37	5:16	16	2:15:10	231	3:06:05
Kleiner Inselsber	13.90	1:03:57	4:36	6	9:05	31	15:04	135.00	11:42:34	5:12	14	2:18:55	231	3:19:37
Hohe Sonne	18.90	1:39:43	5:16	33	30:11	126	30:11	153.90	13:22:17	5:12	15	2:45:24	230	3:47:35
Hörschel	15.00	1:11:46	4:47	9	8:30	59	21:28	168.90	14:34:03	5:10	14	2:53:54	81	4:03:18