



18. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 18.06.2016

Detailed evaluation

Lessau Ludwig (L)Aufzug

Total time: 13:34:50

Number: 75

Speed: 12.37 km/h

Running performance: 4:49 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 32 (of 230)

Best time in course: 10:30:45

Category:

Rank in category: 26(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    | 1:30:15    | 5:07         | 67          | 26:47       | 99        | 26:47        | 17.60         | 1:30:15    | 5:07         | 67       | 26:47       | 99        | 26:47        |
| Schildwiese        | 18.60    | 1:29:34    | 4:48         | 50          | 20:41       | 72        | 21:30        | 36.20         | 2:59:49    | 4:58         | 53       | 45:53       | 76        | 45:53        |
| Neuhaus            | 16.00    | 1:14:09    | 4:38         | 23          | 14:52       | 25        | 14:52        | 52.20         | 4:13:58    | 4:51         | 38       | 1:00:11     | 51        | 1:00:11      |
| Masserberg         | 17.30    | 1:22:31    | 4:46         | 37          | 17:47       | 47        | 17:47        | 69.50         | 5:36:29    | 4:50         | 32       | 1:16:12     | 43        | 1:16:12      |
| Allzunah           | 17.90    | 1:32:09    | 5:08         | 55          | 24:03       | 70        | 24:09        | 87.40         | 7:08:38    | 4:54         | 32       | 1:37:39     | 40        | 1:37:39      |
| Grenzadler         | 20.00    | 1:20:43    | 4:02         | 12          | 8:36        | 15        | 8:36         | 107.40        | 8:29:21    | 4:44         | 25       | 1:46:15     | 31        | 1:46:15      |
| Neue Ausspanne     | 13.70    | 1:18:06    | 5:42         | 101         | 28:40       | 140       | 28:40        | 121.10        | 9:47:27    | 4:51         | 28       | 2:14:55     | 36        | 2:14:55      |
| Kleiner Inselsber  | 13.90    | 1:15:03    | 5:23         | 70          | 26:10       | 91        | 26:10        | 135.00        | 11:02:30   | 4:54         | 30       | 2:39:33     | 39        | 2:39:33      |
| Hohe Sonne         | 18.90    | 1:24:32    | 4:28         | 20          | 12:54       | 29        | 15:00        | 153.90        | 12:27:02   | 4:51         | 28       | 2:52:20     | 36        | 2:52:20      |
| Hörschel           | 15.00    | 1:07:48    | 4:31         | 32          | 17:30       | 34        | 17:30        | 168.90        | 13:34:50   | 4:49         | 26       | 3:04:05     | 32        | 3:04:05      |