



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