



18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

Detailed evaluation

impuls power mix

Number: 158

Course: 168.90 km
Blankenstein-Hörschel

Category:
Mixstaffel

Total time: 15:22:13

Speed: 10.93 km/h

Running performance: 5:28 min/km

Rank in course: 128 (of 230)

Best time in course: 10:30:45

Rank in category: 23(of 75)

Best time in the category: 11:40:09

Control	Intermediate times				Stage score				Total ranking					
	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	1:29:31	5:05	30	18:53	93	26:03	17.60	1:29:31	5:05	30	18:53	231	26:03
Schildwiese	18.60	1:40:42	5:24	46	32:38	165	32:38	36.20	3:10:13	5:15	38	48:29	231	56:17
Neuhaus	16.00	1:45:36	6:35	60	37:45	210	46:19	52.20	4:55:49	5:40	44	1:14:48	231	1:42:02
Masserberg	17.30	1:51:52	6:27	66	41:25	213	47:08	69.50	6:47:41	5:51	59	1:56:13	231	2:27:24
Allzunah	17.90	1:27:33	4:53	9	19:33	40	19:33	87.40	8:15:14	5:39	38	2:07:59	231	2:44:15
Grenzdler	20.00	1:39:27	4:58	36	25:08	110	27:20	107.40	9:54:41	5:32	34	2:33:07	231	3:11:35
Neue Ausspanne	13.70	1:17:37	5:39	29	22:24	134	28:11	121.10	11:12:18	5:33	31	2:48:51	231	3:39:46
Kleiner Inselsber	13.90	1:19:17	5:42	35	24:25	134	30:24	135.00	12:31:35	5:34	31	3:07:56	231	4:08:38
Hohe Sonne	18.90	1:29:37	4:44	14	20:05	61	20:05	153.90	14:01:12	5:27	25	3:24:19	230	4:26:30
Hörschel	15.00	1:21:01	5:24	27	17:45	121	30:43	168.90	15:22:13	5:27	23	3:42:04	128	4:51:28