



18. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 18.06.2016

Detailed evaluation

Waldsteiner Laufnovizen

Total time: 14:31:31

Number: 109

Speed: 11.57 km/h

Running performance: 5:10 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 76 (of 230)

Best time in course: 10:30:45

Category:

Rank in category: 61(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	1:34:18	5:21	89	30:50	131	30:50	17.60	1:34:18	5:21	89	30:50	131	30:50
Schildwiese	18.60	1:33:12	5:00	70	24:19	101	25:08	36.20	3:07:30	5:10	80	53:34	115	53:34
Neuhaus	16.00	1:21:39	5:06	64	22:22	72	22:22	52.20	4:29:09	5:09	69	1:15:22	91	1:15:22
Masserberg	17.30	1:35:30	5:31	99	30:46	138	30:46	69.50	6:04:39	5:14	81	1:44:22	102	1:44:22
Allzunah	17.90	1:30:52	5:04	47	22:46	60	22:52	87.40	7:35:31	5:12	68	2:04:32	85	2:04:32
Grenzadler	20.00	1:37:11	4:51	60	25:04	91	25:04	107.40	9:12:42	5:08	59	2:29:36	75	2:29:36
Neue Ausspanne	13.70	1:11:33	5:13	67	22:07	83	22:07	121.10	10:24:15	5:09	60	2:51:43	76	2:51:43
Kleiner Inselsber	13.90	1:10:01	5:02	45	21:08	55	21:08	135.00	11:34:16	5:08	55	3:11:19	69	3:11:19
Hohe Sonne	18.90	1:26:23	4:34	28	14:45	40	16:51	153.90	13:00:39	5:04	48	3:25:57	61	3:25:57
Hörschel	15.00	1:30:52	6:03	119	40:34	182	40:34	168.90	14:31:31	5:09	61	4:00:46	76	4:00:46