



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

## Detailed evaluation

Arthrose

Total time: 15:40:26

Number: 167

Speed: 10.72 km/h

Running performance: 5:34 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 145 (of 230)

Best time in course: 10:30:45

Category:

Rank in category: 29(of 75)

Mixstaffel

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	1:32:26	5:15	36	21:48	117	28:58	17.60	1:32:26	5:15	36	21:48	231	28:58
Schildwiese	18.60	2:02:50	6:36	71	54:46	225	54:46	36.20	3:35:16	5:56	65	1:13:32	231	1:21:20
Neuhaus	16.00	1:22:10	5:08	8	14:19	76	22:53	52.20	4:57:26	5:41	48	1:16:25	231	1:43:39
Masserberg	17.30	1:36:40	5:35	39	26:13	146	31:56	69.50	6:34:06	5:40	39	1:42:38	231	2:13:49
Allzunah	17.90	1:43:18	5:46	38	35:18	153	35:18	87.40	8:17:24	5:41	42	2:10:09	231	2:46:25
Grenzadler	20.00	1:45:09	5:15	47	30:50	144	33:02	107.40	10:02:33	5:36	43	2:40:59	231	3:19:27
Neue Ausspanne	13.70	1:15:49	5:32	24	20:36	122	26:23	121.10	11:18:22	5:36	37	2:54:55	231	3:45:50
Kleiner Inselsber	13.90	1:17:30	5:34	29	22:38	118	28:37	135.00	12:35:52	5:35	33	3:12:13	231	4:12:55
Hohe Sonne	18.90	1:39:42	5:16	32	30:10	125	30:10	153.90	14:15:34	5:33	31	3:38:41	230	4:40:52
Hörschel	15.00	1:24:52	5:39	39	21:36	146	34:34	168.90	15:40:26	5:34	29	4:00:17	145	5:09:41