



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

Detailed evaluation

ilmrunners

Total time: 16:01:19

Number: 576

Speed: 10.49 km/h

Running performance: 5:41 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 164 (of 233)

Best time in course: 10:53:15

Category:

Rank in category: 38(of 69)

Mixstaffel

Best time in the category: 11:51:54

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	1:38:59	5:37	38	30:01	156	31:47	17.60	1:38:59	5:37	38	30:01	233	31:47
Schildwiese	18.58	1:50:31	5:56	60	41:33	203	43:05	36.18	3:29:30	5:47	55	1:11:34	233	1:14:34
Neuhaus	13.54	1:29:07	6:34	55	27:58	210	38:35	49.72	4:58:37	6:00	57	1:24:37	233	1:47:51
Masserberg	19.86	2:04:14	6:15	52	45:25	191	46:54	69.58	7:02:51	6:04	58	2:09:42	233	2:34:45
Allzunah	17.89	1:27:22	4:53	9	13:12	38	16:49	87.47	8:30:13	5:49	47	2:22:20	233	2:51:34
Grenzadler	19.96	1:56:35	5:50	54	45:50	191	45:50	107.43	10:26:48	5:50	50	3:03:45	232	3:31:30
Neue Ausspanne	13.68	1:14:28	5:26	21	12:51	103	26:47	121.11	11:41:16	5:47	45	3:15:38	232	3:53:31
Kleiner Inselsber	13.90	1:02:45	4:30	4	7:54	22	10:21	135.01	12:44:01	5:39	36	3:16:00	232	4:03:52
Hohe Sonne	18.94	1:47:24	5:40	45	36:26	167	39:07	153.95	14:31:25	5:39	38	3:42:26	228	4:33:19
Hörschel	15.02	1:29:54	5:59	44	29:48	174	36:53	168.90	16:01:19	5:41	38	4:09:25	164	5:08:04