



# 19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

## Detailed evaluation

BensesCity Runners

Total time: 15:16:23

Number: 141

Speed: 11.00 km/h

Running performance: 5:26 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 106 (of 233)

Best time in course: 10:53:15

Category:

Rank in category: 82(of 150)

Männerstaffel

Best time in the category: 10:53:15

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	1:29:25	5:04	55	22:13	73	22:13	17.60	1:29:25	5:04	55	22:13	73	22:13
Schildwiese	18.58	1:45:41	5:41	127	38:15	187	38:15	36.18	3:15:06	5:23	102	1:00:10	141	1:00:10
Neuhaus	13.54	1:09:01	5:05	49	18:29	57	18:29	49.72	4:24:07	5:18	86	1:13:21	109	1:13:21
Masserberg	19.86	1:38:20	4:57	33	21:00	56	21:00	69.58	6:02:27	5:12	62	1:34:21	79	1:34:21
Allzunah	17.89	1:24:29	4:43	18	13:56	25	13:56	87.47	7:26:56	5:06	44	1:48:17	59	1:48:17
Grenzadler	19.96	1:36:45	4:50	55	22:57	83	26:00	107.43	9:03:41	5:03	41	2:08:23	56	2:08:23
Neue Ausspanne	13.68	1:44:46	7:39	150	57:05	230	57:05	121.11	10:48:27	5:21	79	3:00:42	101	3:00:42
Kleiner Inselsber	13.90	1:24:32	6:04	125	32:08	173	32:08	135.01	12:12:59	5:25	85	3:32:50	108	3:32:50
Hohe Sonne	18.94	1:57:59	6:13	140	49:42	213	49:42	153.95	14:10:58	5:31	96	4:12:52	127	4:12:52
Hörschel	15.02	1:05:25	4:21	20	12:24	25	12:24	168.90	15:16:23	5:25	82	4:23:08	106	4:23:08