



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

Detailed evaluation

Sömmerdaer Gipfelstürmerladies

Total time: 16:58:19

Number: 3

Speed: 9.90 km/h

Running performance: 6:02 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 207 (of 233)

Best time in course: 10:53:15

Category:

Rank in category: 7(of 14)

Frauenstaffel

Best time in the category: 13:15:22

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	1:40:15	5:41	4	13:06	163	33:03	17.60	1:40:15	5:41	4	13:06	233	33:03
Schildwiese	18.58	1:33:54	5:03	2	4:33	111	26:28	36.18	3:14:09	5:21	4	11:56	233	59:13
Neuhaus	13.54	1:22:21	6:04	5	16:09	179	31:49	49.72	4:36:30	5:33	4	28:05	233	1:25:44
Masserberg	19.86	1:59:09	5:59	8	29:08	170	41:49	69.58	6:35:39	5:41	4	55:38	233	2:07:33
Allzunah	17.89	2:01:41	6:48	12	39:58	219	51:08	87.47	8:37:20	5:54	4	1:35:11	233	2:58:41
Grenzadler	19.96	2:29:37	7:29	14	1:01:29	230	1:18:52	107.43	11:06:57	6:12	9	2:36:40	232	4:11:39
Neue Ausspanne	13.68	1:26:41	6:20	12	23:33	192	39:00	121.11	12:33:38	6:13	10	3:00:13	232	4:45:53
Kleiner Inselsber	13.90	1:21:52	5:53	9	21:04	149	29:28	135.01	13:55:30	6:11	10	3:13:06	232	5:15:21
Hohe Sonne	18.94	1:49:13	5:45	11	24:49	175	40:56	153.95	15:44:43	6:08	10	3:37:55	228	5:46:37
Hörschel	15.02	1:13:36	4:54	4	10:20	62	20:35	168.90	16:58:19	6:01	7	3:42:57	207	6:05:04