



19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

Detailed evaluation

Muskelkater

Total time: 17:13:07

Number: 509

Speed: 9.76 km/h

Running performance: 6:07 min/km

Course: 168.90 km

Blankenstein-Hörschel

Rank in course: 219 (of 233)

Best time in course: 10:53:15

Category:

Rank in category: 62(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	1:32:33	5:15	30	23:35	115	25:21	17.60	1:32:33	5:15	30	23:35	233	25:21
Schildwiese	18.58	1:32:36	4:59	32	23:38	104	25:10	36.18	3:05:09	5:07	26	47:13	233	50:13
Neuhaus	13.54	1:29:35	6:36	57	28:26	212	39:03	49.72	4:34:44	5:31	35	1:00:44	233	1:23:58
Masserberg	19.86	2:00:52	6:05	49	42:03	182	43:32	69.58	6:35:36	5:41	39	1:42:27	233	2:07:30
Allzunah	17.89	1:49:57	6:08	53	35:47	182	39:24	87.47	8:25:33	5:46	42	2:17:40	233	2:46:54
Grenzadler	19.96	1:51:00	5:33	49	40:15	168	40:15	107.43	10:16:33	5:44	44	2:53:30	232	3:21:15
Neue Ausspanne	13.68	1:29:12	6:31	60	27:35	207	41:31	121.11	11:45:45	5:49	48	3:20:07	232	3:58:00
Kleiner Inselsber	13.90	1:39:51	7:11	65	45:00	226	47:27	135.01	13:25:36	5:58	53	3:57:35	232	4:45:27
Hohe Sonne	18.94	2:16:54	7:13	66	1:05:56	227	1:08:37	153.95	15:42:30	6:07	60	4:53:31	228	5:44:24
Hörschel	15.02	1:30:37	6:01	46	30:31	180	37:36	168.90	17:13:07	6:07	62	5:21:13	219	6:19:52