



# 19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

## Detailed evaluation

impuls-power-mix

Number: 507

Course: 168.90 km  
Blankenstein-Hörschel

Category:  
Mixstaffel

Total time: 15:14:46

Speed: 11.02 km/h

Running performance: 5:25 min/km

Rank in course: 102 (of 233)

Best time in course: 10:53:15

Rank in category: 20(of 69)

Best time in the category: 11:51:54

| Control           | Intermediate times |            |              |          | Stage score |           |              |          | Total ranking |              |          |             |           |              |
|-------------------|--------------------|------------|--------------|----------|-------------|-----------|--------------|----------|---------------|--------------|----------|-------------|-----------|--------------|
|                   | 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              | 1:28:26    | 5:01         | 15       | 19:28       | 67        | 21:14        | 17.60    | 1:28:26       | 5:01         | 15       | 19:28       | 233       | 21:14        |
| Schildwiese       | 18.58              | 1:40:41    | 5:25         | 46       | 31:43       | 163       | 33:15        | 36.18    | 3:09:07       | 5:13         | 32       | 51:11       | 233       | 54:11        |
| Neuhaus           | 13.54              | 1:32:19    | 6:49         | 59       | 31:10       | 218       | 41:47        | 49.72    | 4:41:26       | 5:39         | 41       | 1:07:26     | 233       | 1:30:40      |
| Masserberg        | 19.86              | 2:03:39    | 6:13         | 51       | 44:50       | 189       | 46:19        | 69.58    | 6:45:05       | 5:49         | 46       | 1:51:56     | 233       | 2:16:59      |
| Allzunah          | 17.89              | 1:16:27    | 4:16         | 2        | 2:17        | 8         | 5:54         | 87.47    | 8:01:32       | 5:30         | 27       | 1:53:39     | 233       | 2:22:53      |
| Grenzadler        | 19.96              | 1:35:50    | 4:48         | 24       | 25:05       | 76        | 25:05        | 107.43   | 9:37:22       | 5:22         | 21       | 2:14:19     | 232       | 2:42:04      |
| Neue Ausspanne    | 13.68              | 1:21:46    | 5:58         | 41       | 20:09       | 159       | 34:05        | 121.11   | 10:59:08      | 5:26         | 22       | 2:33:30     | 232       | 3:11:23      |
| Kleiner Inselsber | 13.90              | 1:23:37    | 6:00         | 38       | 28:46       | 165       | 31:13        | 135.01   | 12:22:45      | 5:30         | 24       | 2:54:44     | 232       | 3:42:36      |
| Hohe Sonne        | 18.94              | 1:32:16    | 4:52         | 17       | 21:18       | 60        | 23:59        | 153.95   | 13:55:01      | 5:25         | 21       | 3:06:02     | 228       | 3:56:55      |
| Hörschel          | 15.02              | 1:19:45    | 5:18         | 20       | 19:39       | 99        | 26:44        | 168.90   | 15:14:46      | 5:24         | 20       | 3:22:52     | 102       | 4:21:31      |