



20. Rennsteig-Staffellauf
Blankenstein bis Hirschel / 23.06.2018

Detailed evaluation

SWEety vom SWE Laufteam

Total time: 14:38:20

Number: 187

Speed: 11.48 km/h

Running performance: 5:12 min/km

Course: 168.97 km

Blankenstein-Hirschel

Rank in course: 88 (of 228)

Best time in course: 10:30:32

Category:

Rank in category: 69(of 145)

Männerstaffel

Best time in the category: 10:30:32

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	1:27:32	4:58	75	22:08	98	22:08	17.60	1:27:32	4:58	75	22:08	98	22:08
Schildwiese	18.58	1:56:52	6:17	141	51:03	220	51:03	36.18	3:24:24	5:38	136	1:13:11	188	1:13:11
Neuhaus	13.54	1:08:13	5:02	52	15:42	59	15:42	49.72	4:32:37	5:28	116	1:28:35	150	1:28:35
Masserberg	19.86	1:35:52	4:49	42	19:21	55	19:21	69.58	6:08:29	5:17	89	1:47:45	114	1:47:45
Allzunah	17.89	1:31:12	5:05	59	23:40	78	23:40	87.47	7:39:41	5:15	80	2:09:16	98	2:09:16
Grenzdler	19.96	1:29:58	4:30	31	15:44	43	15:44	107.43	9:09:39	5:06	64	2:21:09	81	2:21:09
Neue Ausspanne	13.68	1:15:32	5:31	93	26:28	120	26:28	121.11	10:25:11	5:09	67	2:47:37	85	2:47:37
Kleiner Inselsber	13.90	1:10:54	5:06	61	21:38	78	21:38	135.01	11:36:05	5:09	67	3:05:45	83	3:05:45
Hohe Sonne	18.94	1:40:50	5:19	89	34:21	132	34:21	153.95	13:16:55	5:10	68	3:38:16	85	3:38:16
Hirschel	15.02	1:21:25	5:25	88	29:32	120	29:32	168.97	14:38:20	5:11	69	4:07:48	88	4:07:48