



20. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 23.06.2018

Detailed evaluation

KOMA-Läufer

Total time: 16:01:55

Number: 206

Speed: 10.48 km/h

Running performance: 5:41 min/km

Course: 168.97 km

Blankenstein-Hörschel

Rank in course: 181 (of 228)

Best time in course: 10:30:32

Category:

Rank in category: 42(of 70)

Mixstaffel

Best time in the category: 11:22:39

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	1:37:29	5:32	39	27:44	167	32:05	17.60	1:37:29	5:32	39	27:44	229	32:05
Schildwiese	18.58	1:35:18	5:07	30	23:29	127	29:29	36.18	3:12:47	5:19	34	49:38	229	1:01:34
Neuhaus	13.54	1:22:44	6:06	48	23:42	180	30:13	49.72	4:35:31	5:32	35	1:12:03	229	1:31:29
Masserberg	19.86	1:56:04	5:50	52	37:26	177	39:33	69.58	6:31:35	5:37	44	1:47:55	229	2:10:51
Allzunah	17.89	1:51:04	6:12	54	39:50	192	43:32	87.47	8:22:39	5:44	49	2:21:01	229	2:52:14
Grenzadler	19.96	1:55:49	5:48	62	39:44	205	41:35	107.43	10:18:28	5:45	59	2:59:06	229	3:29:58
Neue Ausspanne	13.68	1:17:50	5:41	29	19:54	147	28:46	121.11	11:36:18	5:44	51	3:19:00	229	3:58:44
Kleiner Inselsber	13.90	1:14:32	5:21	18	18:26	111	25:16	135.01	12:50:50	5:42	49	3:37:26	229	4:20:30
Hohe Sonne	18.94	1:37:47	5:09	30	28:58	110	31:18	153.95	14:28:37	5:38	43	4:06:24	229	4:49:58
Hörschel	15.02	1:33:18	6:12	56	35:53	201	41:25	168.97	16:01:55	5:41	43	4:39:16	182	5:31:23