



20. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 23.06.2018

Detailed evaluation

Coffee to go

Number: 561

Course: 168.97 km  
Blankenstein-Hörschel

Category:  
Männerstaffel

Total time: 15:05:05

Speed: 11.14 km/h

Running performance: 5:22 min/km

Rank in course: 120 (of 228)

Best time in course: 10:30:32

Rank in category: 96(of 145)

Best time in the category: 10:30:32

| 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              | 1:38:40    | 5:36         | 127      | 33:16       | 171       | 33:16        | 17.60    | 1:38:40       | 5:36         | 127      | 33:16       | 171       | 33:16        |
| Schildwiese       | 18.58              | 1:34:50    | 5:06         | 93       | 29:01       | 125       | 29:01        | 36.18    | 3:13:30       | 5:20         | 114      | 1:02:17     | 152       | 1:02:17      |
| Neuhaus           | 13.54              | 1:29:08    | 6:34         | 140      | 36:37       | 213       | 36:37        | 49.72    | 4:42:38       | 5:41         | 135      | 1:38:36     | 185       | 1:38:36      |
| Masserberg        | 19.86              | 1:48:03    | 5:26         | 98       | 31:32       | 138       | 31:32        | 69.58    | 6:30:41       | 5:36         | 125      | 2:09:57     | 171       | 2:09:57      |
| Allzunah          | 17.89              | 1:38:56    | 5:31         | 100      | 31:24       | 133       | 31:24        | 87.47    | 8:09:37       | 5:35         | 123      | 2:39:12     | 163       | 2:39:12      |
| Grenzadler        | 19.96              | 1:36:34    | 4:50         | 64       | 22:20       | 90        | 22:20        | 107.43   | 9:46:11       | 5:27         | 111      | 2:57:41     | 145       | 2:57:41      |
| Neue Ausspanne    | 13.68              | 1:09:24    | 5:04         | 67       | 20:20       | 80        | 20:20        | 121.11   | 10:55:35      | 5:24         | 107      | 3:18:01     | 131       | 3:18:01      |
| Kleiner Inselsber | 13.90              | 1:18:08    | 5:37         | 108      | 28:52       | 140       | 28:52        | 135.01   | 12:13:43      | 5:26         | 105      | 3:43:23     | 129       | 3:43:23      |
| Hohe Sonne        | 18.94              | 1:30:39    | 4:47         | 39       | 24:10       | 56        | 24:10        | 153.95   | 13:44:22      | 5:21         | 97       | 4:05:43     | 121       | 4:05:43      |
| Hörschel          | 15.02              | 1:20:43    | 5:22         | 84       | 28:50       | 114       | 28:50        | 168.97   | 15:05:05      | 5:21         | 96       | 4:34:33     | 120       | 4:34:33      |