



20. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 23.06.2018

Detailed evaluation

Lauf mit bleib fit

Total time: 16:10:51

Number: 512

Speed: 10.38 km/h

Running performance: 5:45 min/km

Course: 168.97 km

Blankenstein-Hörschel

Rank in course: 192 (of 228)

Best time in course: 10:30:32

Category:

Rank in category: 48(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	1:37:23	5:31	38	27:38	164	31:59	17.60	1:37:23	5:31	38	27:38	165	31:59
Schildwiese	18.58	1:50:21	5:56	59	38:32	208	44:32	36.18	3:27:44	5:44	54	1:04:35	229	1:16:31
Neuhaus	13.54	1:23:00	6:07	50	23:58	182	30:29	49.72	4:50:44	5:50	55	1:27:16	229	1:46:42
Masserberg	19.86	1:42:01	5:08	22	23:23	87	25:30	69.58	6:32:45	5:38	47	1:49:05	229	2:12:01
Allzunah	17.89	1:52:33	6:17	58	41:19	202	45:01	87.47	8:25:18	5:46	54	2:23:40	229	2:54:53
Grenzadler	19.96	1:44:34	5:14	43	28:29	150	30:20	107.43	10:09:52	5:40	51	2:50:30	229	3:21:22
Neue Ausspanne	13.68	1:19:19	5:47	34	21:23	160	30:15	121.11	11:29:11	5:41	45	3:11:53	229	3:51:37
Kleiner Inselsber	13.90	1:18:10	5:37	26	22:04	141	28:54	135.01	12:47:21	5:41	47	3:33:57	229	4:17:01
Hohe Sonne	18.94	1:58:21	6:14	62	49:32	205	51:52	153.95	14:45:42	5:45	50	4:23:29	229	5:07:03
Hörschel	15.02	1:25:09	5:40	39	27:44	152	33:16	168.97	16:10:51	5:44	49	4:48:12	193	5:40:19