



20. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 23.06.2018

Detailed evaluation

Arthrose

Total time: 16:12:23

Number: 576

Speed: 10.37 km/h

Running performance: 5:45 min/km

Course: 168.97 km

Blankenstein-Hörschel

Rank in course: 193 (of 228)

Best time in course: 10:30:32

Category:

Rank in category: 49(of 70)

Mixstaffel

Best time in the category: 11:22:39

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	1:38:49	5:36	41	29:04	174	33:25	17.60	1:38:49	5:36	41	29:04	229	33:25
Schildwiese	18.58	1:47:11	5:46	53	35:22	197	41:22	36.18	3:26:00	5:41	53	1:02:51	229	1:14:47
Neuhaus	13.54	1:09:20	5:07	7	10:18	71	16:49	49.72	4:35:20	5:32	34	1:11:52	229	1:31:18
Masserberg	19.86	1:57:25	5:54	55	38:47	182	40:54	69.58	6:32:45	5:38	47	1:49:05	229	2:12:01
Allzunah	17.89	1:42:49	5:44	35	31:35	153	35:17	87.47	8:15:34	5:39	42	2:13:56	229	2:45:09
Grenzadler	19.96	1:42:07	5:06	35	26:02	130	27:53	107.43	9:57:41	5:33	43	2:38:19	229	3:09:11
Neue Ausspanne	13.68	1:40:14	7:19	67	42:18	225	51:10	121.11	11:37:55	5:45	52	3:20:37	229	4:00:21
Kleiner Inselsber	13.90	1:38:41	7:05	67	42:35	222	49:25	135.01	13:16:36	5:54	57	4:03:12	229	4:46:16
Hohe Sonne	18.94	1:32:39	4:53	23	23:50	73	26:10	153.95	14:49:15	5:46	52	4:27:02	229	5:10:36
Hörschel	15.02	1:23:08	5:32	31	25:43	134	31:15	168.97	16:12:23	5:45	50	4:49:44	194	5:41:51