



20. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 23.06.2018

Detailed evaluation

ilmrunners

Total time: 15:33:47

Number: 538

Speed: 10.79 km/h

Running performance: 5:32 min/km

Course: 168.97 km

Blankenstein-Hörschel

Rank in course: 155 (of 228)

Best time in course: 10:30:32

Category:

Rank in category: 121(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		Behind		Total		Total		Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total	
Grumbach	17.60	1:36:07	5:27	119	30:43	160	30:43	17.60	1:36:07	5:27	119	30:43	160	30:43	
Schildwiese	18.58	1:45:20	5:40	134	39:31	192	39:31	36.18	3:21:27	5:34	132	1:10:14	178	1:10:14	
Neuhaus	13.54	1:16:12	5:37	98	23:41	125	23:41	49.72	4:37:39	5:35	125	1:33:37	166	1:33:37	
Masserberg	19.86	2:39:26	8:01	145	1:22:55	228	1:22:55	69.58	7:17:05	6:16	145	2:56:21	223	2:56:21	
Allzunah	17.89	1:27:40	4:54	44	20:08	61	20:08	87.47	8:44:45	5:59	141	3:14:20	211	3:14:20	
Grenzadler	19.96	1:33:28	4:40	48	19:14	67	19:14	107.43	10:18:13	5:45	136	3:29:43	199	3:29:43	
Neue Ausspanne	13.68	1:00:57	4:27	23	11:53	24	11:53	121.11	11:19:10	5:36	128	3:41:36	168	3:41:36	
Kleiner Inselsber	13.90	1:25:11	6:07	132	35:55	194	35:55	135.01	12:44:21	5:39	133	4:14:01	182	4:14:01	
Hohe Sonne	18.94	1:30:27	4:46	37	23:58	53	23:58	153.95	14:14:48	5:33	121	4:36:09	158	4:36:09	
Hörschel	15.02	1:18:59	5:15	77	27:06	103	27:06	168.97	15:33:47	5:31	121	5:03:15	155	5:03:15	