



20. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 23.06.2018

Detailed evaluation

Muskelkater

Total time: 15:21:35

Number: 590

Speed: 10.94 km/h

Running performance: 5:27 min/km

Course: 168.97 km

Blankenstein-Hörschel

Rank in course: 132 (of 228)

Best time in course: 10:30:32

Category:

Rank in category: 106(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 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	1:38:21	5:35	126	32:57	170	32:57	17.60	1:38:21	5:35	126	32:57	170	32:57
Schildwiese	18.58	1:36:13	5:10	101	30:24	136	30:24	36.18	3:14:34	5:22	120	1:03:21	159	1:03:21
Neuhaus	13.54	1:13:57	5:27	85	21:26	105	21:26	49.72	4:28:31	5:24	108	1:24:29	138	1:24:29
Masserberg	19.86	2:03:35	6:13	131	47:04	207	47:04	69.58	6:32:06	5:38	128	2:11:22	177	2:11:22
Allzunah	17.89	1:45:19	5:53	118	37:47	164	37:47	87.47	8:17:25	5:41	130	2:47:00	179	2:47:00
Grenzadler	19.96	1:40:37	5:02	86	26:23	120	26:23	107.43	9:58:02	5:34	125	3:09:32	172	3:09:32
Neue Ausspanne	13.68	1:17:57	5:41	111	28:53	148	28:53	121.11	11:15:59	5:34	126	3:38:25	166	3:38:25
Kleiner Inselsber	13.90	1:18:36	5:39	112	29:20	145	29:20	135.01	12:34:35	5:35	124	4:04:15	164	4:04:15
Hohe Sonne	18.94	1:30:24	4:46	36	23:55	52	23:55	153.95	14:04:59	5:29	111	4:26:20	142	4:26:20
Hörschel	15.02	1:16:36	5:05	63	24:43	85	24:43	168.97	15:21:35	5:27	106	4:51:03	132	4:51:03