



20. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 23.06.2018

Detailed evaluation

Lauffreunde Gotha

Number: 197

Course: 168.97 km  
Blankenstein-Hörschel

Category:  
Männerstaffel

Total time: 15:26:50

Speed: 10.88 km/h  
Running performance: 5:29 min/km

Rank in course: 138 (of 228)

Best time in course: 10:30:32

Rank in category: 111(of 145)

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    | 1:26:41    | 4:55         | 62          | 21:17       | 82        | 21:17        | 17.60         | 1:26:41    | 4:55         | 62       | 21:17       | 82        | 21:17        |
| Schildwiese        | 18.58    | 1:32:39    | 4:59         | 80          | 26:50       | 108       | 26:50        | 36.18         | 2:59:20    | 4:57         | 74       | 48:07       | 95        | 48:07        |
| Neuhaus            | 13.54    | 1:09:01    | 5:05         | 59          | 16:30       | 68        | 16:30        | 49.72         | 4:08:21    | 4:59         | 66       | 1:04:19     | 80        | 1:04:19      |
| Masserberg         | 19.86    | 1:48:18    | 5:27         | 99          | 31:47       | 140       | 31:47        | 69.58         | 5:56:39    | 5:07         | 70       | 1:35:55     | 87        | 1:35:55      |
| Allzunah           | 17.89    | 1:41:51    | 5:41         | 109         | 34:19       | 146       | 34:19        | 87.47         | 7:38:30    | 5:14         | 78       | 2:08:05     | 96        | 2:08:05      |
| Grenzadler         | 19.96    | 1:34:16    | 4:43         | 52          | 20:02       | 72        | 20:02        | 107.43        | 9:12:46    | 5:08         | 68       | 2:24:16     | 86        | 2:24:16      |
| Neue Ausspanne     | 13.68    | 1:15:56    | 5:33         | 99          | 26:52       | 126       | 26:52        | 121.11        | 10:28:42   | 5:11         | 73       | 2:51:08     | 91        | 2:51:08      |
| Kleiner Inselsber  | 13.90    | 1:22:36    | 5:56         | 125         | 33:20       | 180       | 33:20        | 135.01        | 11:51:18   | 5:16         | 82       | 3:20:58     | 101       | 3:20:58      |
| Hohe Sonne         | 18.94    | 2:10:02    | 6:51         | 142         | 1:03:33     | 220       | 1:03:33      | 153.95        | 14:01:20   | 5:27         | 108      | 4:22:41     | 136       | 4:22:41      |
| Hörschel           | 15.02    | 1:25:30    | 5:41         | 107         | 33:37       | 156       | 33:37        | 168.97        | 15:26:50   | 5:29         | 111      | 4:56:18     | 138       | 4:56:18      |