



20. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 23.06.2018

Detailed evaluation

Laufklub Berlin

Total time: 16:08:14

Number: 178

Speed: 10.41 km/h

Running performance: 5:44 min/km

Course: 168.97 km

Blankenstein-Hörschel

Rank in course: 191 (of 228)

Best time in course: 10:30:32

Category:

Rank in category: 139(of 145)

Männerstaffel

Best time in the category: 10:30:32

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	1:40:48	5:43	134	35:24	186	35:24	17.60	1:40:48	5:43	134	35:24	186	35:24
Schildwiese	18.58	1:58:38	6:23	143	52:49	223	52:49	36.18	3:39:26	6:03	144	1:28:13	214	1:28:13
Neuhaus	13.54	1:17:33	5:43	107	25:02	141	25:02	49.72	4:56:59	5:58	143	1:52:57	211	1:52:57
Masserberg	19.86	1:45:56	5:20	90	29:25	123	29:25	69.58	6:42:55	5:47	138	2:22:11	199	2:22:11
Allzunah	17.89	1:56:57	6:32	139	49:25	216	49:25	87.47	8:39:52	5:56	139	3:09:27	205	3:09:27
Grenzadler	19.96	1:35:21	4:46	59	21:07	83	21:07	107.43	10:15:13	5:43	135	3:26:43	195	3:26:43
Neue Ausspanne	13.68	1:24:50	6:12	138	35:46	196	35:46	121.11	11:40:03	5:46	138	4:02:29	195	4:02:29
Kleiner Inselsber	13.90	1:31:29	6:34	138	42:13	211	42:13	135.01	13:11:32	5:51	142	4:41:12	201	4:41:12
Hohe Sonne	18.94	1:42:45	5:25	97	36:16	146	36:16	153.95	14:54:17	5:48	138	5:15:38	196	5:15:38
Hörschel	15.02	1:13:57	4:55	48	22:04	65	22:04	168.97	16:08:14	5:43	139	5:37:42	192	5:37:42