



20. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 23.06.2018

Detailed evaluation

Laufklub Berlin

Total time: 15:53:01

Number: 177

Speed: 10.58 km/h

Running performance: 5:38 min/km

Course: 168.97 km

Blankenstein-Hörschel

Rank in course: 173 (of 228)

Best time in course: 10:30:32

Category:

Rank in category: 129(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	1:47:53	6:07	143	42:29	209	42:29	17.60	1:47:53	6:07	143	42:29	209	42:29
Schildwiese	18.58	1:33:03	5:00	83	27:14	112	27:14	36.18	3:20:56	5:33	130	1:09:43	176	1:09:43
Neuhaus	13.54	1:26:18	6:22	136	33:47	201	33:47	49.72	4:47:14	5:46	138	1:43:12	196	1:43:12
Masserberg	19.86	1:46:36	5:22	93	30:05	127	30:05	69.58	6:33:50	5:39	130	2:13:06	182	2:13:06
Allzunah	17.89	1:32:30	5:10	67	24:58	87	24:58	87.47	8:06:20	5:33	119	2:35:55	157	2:35:55
Grenzadler	19.96	1:52:21	5:37	130	38:07	194	38:07	107.43	9:58:41	5:34	126	3:10:11	173	3:10:11
Neue Ausspanne	13.68	1:12:22	5:17	79	23:18	96	23:18	121.11	11:11:03	5:32	120	3:33:29	158	3:33:29
Kleiner Inselsber	13.90	1:17:17	5:33	100	28:01	128	28:01	135.01	12:28:20	5:32	119	3:58:00	152	3:58:00
Hohe Sonne	18.94	1:46:34	5:37	115	40:05	172	40:05	153.95	14:14:54	5:33	122	4:36:15	159	4:36:15
Hörschel	15.02	1:38:07	6:31	140	46:14	211	46:14	168.97	15:53:01	5:38	129	5:22:29	174	5:22:29