



20. Rennsteig-Staffellauf
Blankenstein bis Hörschel / 23.06.2018

Detailed evaluation

Lauftraining.com

Number: 146

Course: 168.97 km
Blankenstein-Hörschel

Category:
Männerstaffel

Total time: 13:38:03

Speed: 12.32 km/h
Running performance: 4:50 min/km

Rank in course: 42 (of 228)
Best time in course: 10:30:32

Rank in category: 32(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	1:19:40	4:31	20	14:16	30	14:16	17.60	1:19:40	4:31	20	14:16	30	14:16
Schildwiese	18.58	1:09:29	3:44	5	3:40	5	3:40	36.18	2:29:09	4:07	9	17:56	10	17:56
Neuhaus	13.54	1:06:26	4:54	36	13:55	43	13:55	49.72	3:35:35	4:20	9	31:33	11	31:33
Masserberg	19.86	1:44:41	5:16	84	28:10	117	28:10	69.58	5:20:16	4:36	17	59:32	22	59:32
Allzunah	17.89	1:39:31	5:33	101	31:59	134	31:59	87.47	6:59:47	4:47	28	1:29:22	37	1:29:22
Grenzadler	19.96	1:30:50	4:33	35	16:36	49	16:36	107.43	8:30:37	4:45	29	1:42:07	38	1:42:07
Neue Ausspanne	13.68	1:18:51	5:45	115	29:47	155	29:47	121.11	9:49:28	4:52	36	2:11:54	48	2:11:54
Kleiner Inselsber	13.90	1:15:13	5:24	92	25:57	117	25:57	135.01	11:04:41	4:55	41	2:34:21	52	2:34:21
Hohe Sonne	18.94	1:16:19	4:01	6	9:50	10	9:50	153.95	12:21:00	4:48	28	2:42:21	37	2:42:21
Hörschel	15.02	1:17:03	5:07	67	25:10	91	25:10	168.97	13:38:03	4:50	32	3:07:31	42	3:07:31