



20. Rennsteig-Staffellauf  
Blankenstein bis Hörschel / 23.06.2018

Detailed evaluation

mein erstes Lieblingsteam

Total time: 15:25:33

Number: 501

Speed: 10.89 km/h

Running performance: 5:29 min/km

Course: 168.97 km

Blankenstein-Hörschel

Rank in course: 137 (of 228)

Best time in course: 10:30:32

Category:

Rank in category: 24(of 70)

Mixstaffel

Best time in the category: 11:22:39

| 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    | 1:41:11    | 5:44         | 50          | 31:26       | 189       | 35:47        | 17.60         | 1:41:11    | 5:44         | 50       | 31:26       | 229       | 35:47        |
| Schildwiese        | 18.58    | 1:44:14    | 5:36         | 48          | 32:25       | 183       | 38:25        | 36.18         | 3:25:25    | 5:40         | 52       | 1:02:16     | 229       | 1:14:12      |
| Neuhaus            | 13.54    | 1:17:20    | 5:42         | 28          | 18:18       | 138       | 24:49        | 49.72         | 4:42:45    | 5:41         | 46       | 1:19:17     | 229       | 1:38:43      |
| Masserberg         | 19.86    | 2:00:32    | 6:04         | 62          | 41:54       | 198       | 44:01        | 69.58         | 6:43:17    | 5:47         | 56       | 1:59:37     | 229       | 2:22:33      |
| Allzunah           | 17.89    | 1:37:14    | 5:26         | 28          | 26:00       | 124       | 29:42        | 87.47         | 8:20:31    | 5:43         | 46       | 2:18:53     | 229       | 2:50:06      |
| Grenzadler         | 19.96    | 1:52:06    | 5:36         | 58          | 36:01       | 192       | 37:52        | 107.43        | 10:12:37   | 5:42         | 54       | 2:53:15     | 229       | 3:24:07      |
| Neue Ausspanne     | 13.68    | 1:14:16    | 5:25         | 18          | 16:20       | 110       | 25:12        | 121.11        | 11:26:53   | 5:40         | 44       | 3:09:35     | 229       | 3:49:19      |
| Kleiner Inselsber  | 13.90    | 1:04:01    | 4:36         | 4           | 7:55        | 35        | 14:45        | 135.01        | 12:30:54   | 5:33         | 35       | 3:17:30     | 229       | 4:00:34      |
| Hohe Sonne         | 18.94    | 1:30:47    | 4:47         | 16          | 21:58       | 57        | 24:18        | 153.95        | 14:01:41   | 5:28         | 26       | 3:39:28     | 229       | 4:23:02      |
| Hörschel           | 15.02    | 1:23:52    | 5:35         | 33          | 26:27       | 138       | 31:59        | 168.97        | 15:25:33   | 5:28         | 24       | 4:02:54     | 137       | 4:55:01      |