



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Rennsteiglaufverein Männer

Total time: 12:01:30

Number: 231

Speed: 13.97 km/h

Running performance: 4:16 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 9 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 8(of 147)

Männerstaffel

Best time in the category: 10:38:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Hohe Sonne	15.02	1:01:09	4:04	11	9:12	11	9:12	15.02	1:01:09	4:04	11	9:12	11	9:12
Kleiner Inselsber	18.94	1:35:32	5:02	26	19:20	39	19:20	33.96	2:36:41	4:36	12	27:00	16	27:00
Neue Ausspanne	13.90	54:48	3:56	7	7:34	7	7:34	47.86	3:31:29	4:25	11	34:34	11	34:34
Grenzdler	13.68	1:01:03	4:27	13	8:00	13	8:00	61.54	4:32:32	4:25	10	42:34	10	42:34
Allzunah	19.96	1:20:59	4:03	9	6:58	12	8:32	81.50	5:53:31	4:20	9	45:23	9	45:23
Masserberg	17.89	1:16:29	4:16	13	10:38	17	13:32	99.39	7:10:00	4:19	9	54:00	9	54:00
Neuhaus	19.86	1:18:46	3:57	4	2:58	7	8:24	119.25	8:28:46	4:15	8	49:33	9	49:33
Schildwiese	13.54	59:11	4:22	21	17:33	22	17:33	132.79	9:27:57	4:16	8	59:50	8	59:50
Grumbach	18.58	1:15:03	4:02	8	9:49	11	9:49	151.37	10:43:00	4:14	7	1:09:25	8	1:09:25
Blankenstein	17.60	1:18:30	4:27	26	14:46	31	14:46	168.97	12:01:30	4:16	8	1:23:08	9	1:23:08