



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

## Detailed evaluation

VfB 26 Beberstedt

Number: 170

Course: 168.97 km  
Hörschel-Blankenstein

Category:  
Männerstaffel

Total time: 15:00:22

Speed: 11.20 km/h  
Running performance: 5:20 min/km

Rank in course: 76 (of 225)  
Best time in course: 10:38:22

Rank in category: 60(of 147)  
Best time in the category: 10:38:22

| 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 |
| Hohe Sonne         | 15.02    | 1:15:40    | 5:02         | 71          | 23:43       | 97        | 23:43        | 15.02         | 1:15:40    | 5:02         | 71       | 23:43       | 97        | 23:43        |
| Kleiner Inselsber  | 18.94    | 1:36:32    | 5:05         | 28          | 20:20       | 41        | 20:20        | 33.96         | 2:52:12    | 5:04         | 34       | 42:31       | 48        | 42:31        |
| Neue Ausspanne     | 13.90    | 1:11:23    | 5:08         | 59          | 24:09       | 71        | 24:09        | 47.86         | 4:03:35    | 5:05         | 37       | 1:06:40     | 48        | 1:06:40      |
| Grenzadler         | 13.68    | 1:14:04    | 5:24         | 71          | 21:01       | 87        | 21:01        | 61.54         | 5:17:39    | 5:09         | 40       | 1:27:41     | 52        | 1:27:41      |
| Allzunah           | 19.96    | 1:41:29    | 5:05         | 74          | 27:28       | 96        | 29:02        | 81.50         | 6:59:08    | 5:08         | 41       | 1:51:00     | 53        | 1:51:00      |
| Masserberg         | 17.89    | 1:45:52    | 5:55         | 104         | 40:01       | 138       | 42:55        | 99.39         | 8:45:00    | 5:16         | 54       | 2:29:00     | 67        | 2:29:00      |
| Neuhaus            | 19.86    | 1:44:13    | 5:14         | 66          | 28:25       | 92        | 33:51        | 119.25        | 10:29:13   | 5:16         | 54       | 2:50:00     | 67        | 2:50:00      |
| Schildwiese        | 13.54    | 1:12:16    | 5:20         | 77          | 30:38       | 100       | 30:38        | 132.79        | 11:41:29   | 5:16         | 57       | 3:13:22     | 70        | 3:13:22      |
| Grumbach           | 18.58    | 1:43:31    | 5:34         | 112         | 38:17       | 157       | 38:17        | 151.37        | 13:25:00   | 5:19         | 57       | 3:51:25     | 72        | 3:51:25      |
| Blankenstein       | 17.60    | 1:35:22    | 5:25         | 91          | 31:38       | 122       | 31:38        | 168.97        | 15:00:22   | 5:19         | 60       | 4:22:00     | 76        | 4:22:00      |