



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Buderus Rennsteig Runners

Total time: 15:03:41

Number: 215

Speed: 11.15 km/h

Running performance: 5:21 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 78 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 62(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 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	1:17:02	5:07	80	25:05	109	25:05	15.02	1:17:02	5:07	80	25:05	109	25:05
Kleiner Inselsber	18.94	1:45:44	5:34	73	29:32	100	29:32	33.96	3:02:46	5:22	67	53:05	94	53:05
Neue Ausspanne	13.90	1:17:41	5:35	94	30:27	114	30:27	47.86	4:20:27	5:26	74	1:23:32	97	1:23:32
Grenzadler	13.68	1:24:07	6:08	117	31:04	166	31:04	61.54	5:44:34	5:35	90	1:54:36	117	1:54:36
Allzunah	19.96	1:42:08	5:07	77	28:07	101	29:41	81.50	7:26:42	5:28	90	2:18:34	112	2:18:34
Masserberg	17.89	1:36:18	5:22	61	30:27	81	33:21	99.39	9:03:00	5:27	76	2:47:00	94	2:47:00
Neuhaus	19.86	1:43:23	5:12	59	27:35	85	33:01	119.25	10:46:23	5:25	70	3:07:10	86	3:07:10
Schildwiese	13.54	1:13:59	5:27	86	32:21	112	32:21	132.79	12:00:22	5:25	72	3:32:15	88	3:32:15
Grumbach	18.58	1:37:38	5:15	84	32:24	111	32:24	151.37	13:38:00	5:24	71	4:04:25	86	4:04:25
Blankenstein	17.60	1:25:41	4:52	59	21:57	74	21:57	168.97	15:03:41	5:20	62	4:25:19	78	4:25:19