



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

die LENGENFELDer

Number: 149

Course: 168.97 km
Hörschel-Blankenstein

Category:
Männerstaffel

Total time: 15:12:06

Speed: 11.05 km/h

Running performance: 5:24 min/km

Rank in course: 85 (of 225)

Best time in course: 10:38:22

Rank in category: 69(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	1:10:34	4:41	31	18:37	44	18:37	15.02	1:10:34	4:41	31	18:37	44	18:37
Kleiner Inselsber	18.94	1:57:19	6:11	125	41:07	176	41:07	33.96	3:07:53	5:31	89	58:12	123	58:12
Neue Ausspanne	13.90	1:12:02	5:10	64	24:48	76	24:48	47.86	4:19:55	5:25	73	1:23:00	94	1:23:00
Grenzdler	13.68	1:14:07	5:25	73	21:04	89	21:04	61.54	5:34:02	5:25	68	1:44:04	87	1:44:04
Allzunah	19.96	1:36:45	4:50	56	22:44	70	24:18	81.50	7:10:47	5:17	66	2:02:39	81	2:02:39
Masserberg	17.89	1:47:13	5:59	109	41:22	144	44:16	99.39	8:58:00	5:24	71	2:42:00	87	2:42:00
Neuhaus	19.86	1:57:42	5:55	114	41:54	163	47:20	119.25	10:55:42	5:29	82	3:16:29	101	3:16:29
Schildwiese	13.54	1:07:48	5:00	47	26:10	60	26:10	132.79	12:03:30	5:26	74	3:35:23	90	3:35:23
Grumbach	18.58	1:26:30	4:39	32	21:16	47	21:16	151.37	13:30:00	5:21	60	3:56:25	75	3:56:25
Blankenstein	17.60	1:42:06	5:48	121	38:22	171	38:22	168.97	15:12:06	5:23	69	4:33:44	85	4:33:44