



21. Rennsteig-Staffellauf
Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Thüringer Allgemeine

Total time: 15:12:28

Number: 108

Speed: 11.05 km/h

Running performance: 5:24 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 86 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 70(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	1:16:36	5:05	76	24:39	103	24:39	15.02	1:16:36	5:05	76	24:39	103	24:39
Kleiner Inselsber	18.94	2:08:37	6:47	141	52:25	206	52:25	33.96	3:25:13	6:02	137	1:15:32	195	1:15:32
Neue Ausspanne	13.90	1:10:47	5:05	54	23:33	66	23:33	47.86	4:36:00	5:46	121	1:39:05	163	1:39:05
Grenzadler	13.68	1:12:05	5:16	58	19:02	72	19:02	61.54	5:48:05	5:39	99	1:58:07	128	1:58:07
Allzunah	19.96	1:43:38	5:11	86	29:37	115	31:11	81.50	7:31:43	5:32	98	2:23:35	121	2:23:35
Masserberg	17.89	1:37:17	5:26	68	31:26	89	34:20	99.39	9:09:00	5:31	89	2:53:00	108	2:53:00
Neuhaus	19.86	2:02:08	6:08	125	46:20	183	51:46	119.25	11:11:08	5:37	99	3:31:55	124	3:31:55
Schildwiese	13.54	1:23:15	6:08	123	41:37	183	41:37	132.79	12:34:23	5:40	106	4:06:16	132	4:06:16
Grumbach	18.58	1:17:37	4:10	11	12:23	15	12:23	151.37	13:52:00	5:29	86	4:18:25	105	4:18:25
Blankenstein	17.60	1:20:28	4:34	36	16:44	44	16:44	168.97	15:12:28	5:24	70	4:34:06	86	4:34:06