



21. Rennsteig-Staffellauf  
Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

17. Thüringer Zahnarztstaffel

Total time: 15:16:31

Number: 153

Speed: 11.00 km/h

Running performance: 5:25 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 95 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 78(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	1:13:24	4:53	50	21:27	72	21:27	15.02	1:13:24	4:53	50	21:27	72	21:27
Kleiner Inselsber	18.94	1:34:31	4:59	22	18:19	34	18:19	33.96	2:47:55	4:56	23	38:14	33	38:14
Neue Ausspanne	13.90	1:11:31	5:08	61	24:17	73	24:17	47.86	3:59:26	5:00	29	1:02:31	37	1:02:31
Grenzdler	13.68	1:19:21	5:48	99	26:18	132	26:18	61.54	5:18:47	5:10	41	1:28:49	53	1:28:49
Allzunah	19.96	1:37:37	4:53	60	23:36	76	25:10	81.50	6:56:24	5:06	40	1:48:16	52	1:48:16
Masserberg	17.89	1:53:36	6:20	127	47:45	176	50:39	99.39	8:50:00	5:19	60	2:34:00	73	2:34:00
Neuhaus	19.86	1:49:22	5:30	81	33:34	116	39:00	119.25	10:39:22	5:21	63	3:00:09	77	3:00:09
Schildwiese	13.54	1:12:18	5:20	78	30:40	101	30:40	132.79	11:51:40	5:21	61	3:23:33	75	3:23:33
Grumbach	18.58	1:44:20	5:36	114	39:06	160	39:06	151.37	13:36:00	5:23	68	4:02:25	83	4:02:25
Blankenstein	17.60	1:40:31	5:42	114	36:47	162	36:47	168.97	15:16:31	5:25	78	4:38:09	95	4:38:09