



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

## Detailed evaluation

Arthrose

Total time: 16:17:44

Number: 504

Speed: 10.31 km/h

Running performance: 5:47 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 163 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 35(of 66)

Mixstaffel

Best time in the category: 11:54:56

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	1:27:41	5:50	51	26:28	187	35:44	15.02	1:27:41	5:50	51	26:28	222	35:44
Kleiner Inselsber	18.94	1:48:41	5:44	29	25:04	126	32:29	33.96	3:16:22	5:46	41	49:23	222	1:06:41
Neue Ausspanne	13.90	1:21:24	5:51	28	16:24	142	34:10	47.86	4:37:46	5:48	41	1:05:30	225	1:40:51
Grenzadler	13.68	1:33:14	6:48	57	30:08	206	40:11	61.54	6:11:00	6:01	48	1:28:43	225	2:21:02
Allzunah	19.96	1:40:06	5:00	16	27:39	85	27:39	81.50	7:51:06	5:46	33	1:53:02	223	2:42:58
Masserberg	17.89	1:42:54	5:45	27	39:57	121	39:57	99.39	9:34:00	5:46	30	2:17:00	159	3:18:00
Neuhaus	19.86	1:42:21	5:09	20	31:59	74	31:59	119.25	11:16:21	5:40	26	2:48:06	225	3:37:08
Schildwiese	13.54	1:20:32	5:56	40	19:12	160	38:54	132.79	12:36:53	5:41	25	3:07:12	225	4:08:46
Grumbach	18.58	1:35:07	5:07	22	25:25	93	29:53	151.37	14:12:00	5:37	23	3:32:37	198	4:38:25
Blankenstein	17.60	2:05:44	7:08	62	52:15	215	1:02:00	168.97	16:17:44	5:47	35	4:22:48	163	5:39:22