



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Roadrunners Frauensee

Total time: 16:09:54

Number: 575

Speed: 10.39 km/h

Running performance: 5:44 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 160 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 34(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	1:07:14	4:28	4	6:01	28	15:17	15.02	1:07:14	4:28	4	6:01	222	15:17
Kleiner Inselsber	18.94	1:54:18	6:02	42	30:41	164	38:06	33.96	3:01:32	5:20	23	34:33	222	51:51
Neue Ausspanne	13.90	1:30:00	6:28	50	25:00	192	42:46	47.86	4:31:32	5:40	33	59:16	225	1:34:37
Grenzadler	13.68	1:29:39	6:33	50	26:33	193	36:36	61.54	6:01:11	5:52	41	1:18:54	225	2:11:13
Allzunah	19.96	1:58:37	5:56	48	46:10	187	46:10	81.50	7:59:48	5:53	43	2:01:44	223	2:51:40
Masserberg	17.89	1:58:12	6:36	49	55:15	193	55:15	99.39	9:58:00	6:01	48	2:41:00	225	3:42:00
Neuhaus	19.86	1:55:46	5:49	41	45:24	150	45:24	119.25	11:53:46	5:59	47	3:25:31	225	4:14:33
Schildwiese	13.54	1:18:24	5:47	32	17:04	146	36:46	132.79	13:12:10	5:57	47	3:42:29	225	4:44:03
Grumbach	18.58	1:27:50	4:43	13	18:08	55	22:36	151.37	14:40:00	5:48	38	4:00:37	225	5:06:25
Blankenstein	17.60	1:29:54	5:06	17	16:25	90	26:10	168.97	16:09:54	5:44	34	4:14:58	160	5:31:32