



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Laufgruppe EnerGuido

Total time: 16:21:29

Number: 521

Speed: 10.27 km/h

Running performance: 5:49 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 167 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 37(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	1:22:47	5:30	43	21:34	161	30:50	15.02	1:22:47	5:30	43	21:34	222	30:50
Kleiner Inselsber	18.94	1:51:22	5:52	34	27:45	144	35:10	33.96	3:14:09	5:43	38	47:10	222	1:04:28
Neue Ausspanne	13.90	1:25:23	6:08	40	20:23	175	38:09	47.86	4:39:32	5:50	45	1:07:16	225	1:42:37
Grenzadler	13.68	1:20:26	5:52	27	17:20	136	27:23	61.54	5:59:58	5:50	36	1:17:41	225	2:10:00
Allzunah	19.96	2:05:48	6:18	55	53:21	203	53:21	81.50	8:05:46	5:57	46	2:07:42	223	2:57:38
Masserberg	17.89	1:49:14	6:06	34	46:17	157	46:17	99.39	9:55:00	5:59	45	2:38:00	225	3:39:00
Neuhaus	19.86	1:46:03	5:20	27	35:41	100	35:41	119.25	11:41:03	5:52	39	3:12:48	225	4:01:50
Schildwiese	13.54	1:23:06	6:08	50	21:46	181	41:28	132.79	13:04:09	5:54	41	3:34:28	225	4:36:02
Grumbach	18.58	1:39:51	5:22	31	30:09	131	34:37	151.37	14:44:00	5:50	39	4:04:37	225	5:10:25
Blankenstein	17.60	1:37:29	5:32	29	24:00	131	33:45	168.97	16:21:29	5:48	37	4:26:33	167	5:43:07