



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

## Detailed evaluation

Sömmerdaer Gipfelstürmerladies

Total time: 16:23:12

Number: 12

Speed: 10.25 km/h

Running performance: 5:49 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 171 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 5(of 12)

Frauenstaffel

Best time in the category: 12:46:06

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	1:30:53	6:03	8	26:14	200	38:56	15.02	1:30:53	6:03	8	26:14	222	38:56
Kleiner Inselsber	18.94	2:00:16	6:20	6	32:55	191	44:04	33.96	3:31:09	6:13	6	49:26	222	1:21:28
Neue Ausspanne	13.90	1:21:16	5:50	7	22:25	139	34:02	47.86	4:52:25	6:06	6	1:11:48	225	1:55:30
Grenzadler	13.68	1:24:51	6:12	9	23:17	171	31:48	61.54	6:17:16	6:07	6	1:30:42	225	2:27:18
Allzunah	19.96	2:04:19	6:13	8	36:34	201	51:52	81.50	8:21:35	6:09	6	2:07:16	223	3:13:27
Masserberg	17.89	1:45:25	5:53	5	22:44	133	42:28	99.39	10:07:00	6:06	6	2:30:00	225	3:51:00
Neuhaus	19.86	1:34:56	4:46	2	0:48	34	24:34	119.25	11:41:56	5:53	6	2:30:48	225	4:02:43
Schildwiese	13.54	1:10:50	5:13	7	12:45	84	29:12	132.79	12:52:46	5:49	6	2:43:33	225	4:24:39
Grumbach	18.58	1:45:14	5:39	7	24:38	165	40:00	151.37	14:38:00	5:48	5	3:07:20	165	5:04:25
Blankenstein	17.60	1:45:12	5:58	10	29:46	182	41:28	168.97	16:23:12	5:49	5	3:37:06	171	5:44:50