



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |  |
|-------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|--|
|                   |             |               |                 |             |                | Pos<br>Total | Behind<br>Total | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Total | Behind<br>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         |  |