



21. Rennsteig-Staffellauf  
Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Long Island Ice Tea

Number: 209

Course: 168.97 km  
Hörschel-Blankenstein

Category:  
Männerstaffel

Total time: 15:22:13

Speed: 10.93 km/h

Running performance: 5:28 min/km

Rank in course: 102 (of 225)

Best time in course: 10:38:22

Rank in category: 83(of 147)

Best time in the category: 10:38:22

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	1:15:14	5:00	67	23:17	92	23:17	15.02	1:15:14	5:00	67	23:17	92	23:17
Kleiner Inselsber	18.94	1:37:03	5:07	32	20:51	45	20:51	33.96	2:52:17	5:04	35	42:36	49	42:36
Neue Ausspanne	13.90	1:36:38	6:57	139	49:24	209	49:24	47.86	4:28:55	5:37	105	1:32:00	139	1:32:00
Grenzadler	13.68	1:11:02	5:11	53	17:59	63	17:59	61.54	5:39:57	5:31	83	1:49:59	105	1:49:59
Allzunah	19.96	1:57:00	5:51	126	42:59	178	44:33	81.50	7:36:57	5:36	105	2:28:49	133	2:28:49
Masserberg	17.89	1:36:03	5:22	60	30:12	79	33:06	99.39	9:13:00	5:33	94	2:57:00	114	2:57:00
Neuhaus	19.86	1:51:50	5:37	88	36:02	128	41:28	119.25	11:04:50	5:34	95	3:25:37	117	3:25:37
Schildwiese	13.54	59:01	4:21	20	17:23	21	17:23	132.79	12:03:51	5:27	78	3:35:44	94	3:35:44
Grumbach	18.58	1:36:09	5:10	73	30:55	100	30:55	151.37	13:40:00	5:25	72	4:06:25	87	4:06:25
Blankenstein	17.60	1:42:13	5:48	122	38:29	172	38:29	168.97	15:22:13	5:27	83	4:43:51	102	4:43:51