



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Abgehts09

Total time: 15:10:13

Number: 220

Speed: 11.07 km/h

Running performance: 5:23 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 83 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 67(of 147)

Männerstaffel

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	1:20:46	5:22	102	28:49	142	28:49	15.02	1:20:46	5:22	102	28:49	142	28:49
Kleiner Inselsber	18.94	1:52:15	5:55	111	36:03	153	36:03	33.96	3:13:01	5:41	113	1:03:20	153	1:03:20
Neue Ausspanne	13.90	1:19:46	5:44	100	32:32	125	32:32	47.86	4:32:47	5:41	115	1:35:52	153	1:35:52
Grenzdler	13.68	1:13:48	5:23	70	20:45	85	20:45	61.54	5:46:35	5:37	93	1:56:37	120	1:56:37
Allzunah	19.96	1:39:15	4:58	66	25:14	84	26:48	81.50	7:25:50	5:28	87	2:17:42	109	2:17:42
Masserberg	17.89	1:40:10	5:35	78	34:19	101	37:13	99.39	9:06:00	5:29	84	2:50:00	102	2:50:00
Neuhaus	19.86	1:51:25	5:36	86	35:37	126	41:03	119.25	10:57:25	5:30	86	3:18:12	105	3:18:12
Schildwiese	13.54	1:11:43	5:17	74	30:05	97	30:05	132.79	12:09:08	5:29	86	3:41:01	104	3:41:01
Grumbach	18.58	1:30:52	4:53	50	25:38	68	25:38	151.37	13:40:00	5:25	72	4:06:25	87	4:06:25
Blankenstein	17.60	1:30:13	5:07	72	26:29	92	26:29	168.97	15:10:13	5:23	67	4:31:51	83	4:31:51