



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Adventslauf Team

Total time: 15:19:35

Number: 177

Speed: 10.96 km/h

Running performance: 5:26 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 98 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 80(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	1:15:30	5:01	70	23:33	95	23:33	15.02	1:15:30	5:01	70	23:33	95	23:33
Kleiner Inselsber	18.94	1:52:40	5:56	113	36:28	157	36:28	33.96	3:08:10	5:32	90	58:29	124	58:29
Neue Ausspanne	13.90	1:16:13	5:28	86	28:59	101	28:59	47.86	4:24:23	5:31	79	1:27:28	108	1:27:28
Grenzdler	13.68	1:26:48	6:20	125	33:45	184	33:45	61.54	5:51:11	5:42	113	2:01:13	142	2:01:13
Allzunah	19.96	1:36:30	4:50	54	22:29	68	24:03	81.50	7:27:41	5:29	91	2:19:33	113	2:19:33
Masserberg	17.89	1:36:19	5:23	62	30:28	82	33:22	99.39	9:04:00	5:28	80	2:48:00	98	2:48:00
Neuhaus	19.86	1:43:16	5:11	56	27:28	82	32:54	119.25	10:47:16	5:25	73	3:08:03	89	3:08:03
Schildwiese	13.54	1:20:51	5:58	116	39:13	165	39:13	132.79	12:08:07	5:28	84	3:40:00	101	3:40:00
Grumbach	18.58	1:31:53	4:56	52	26:39	70	26:39	151.37	13:40:00	5:25	72	4:06:25	87	4:06:25
Blankenstein	17.60	1:39:35	5:39	108	35:51	156	35:51	168.97	15:19:35	5:26	80	4:41:13	98	4:41:13