



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Fit and Run Wilde Fünfziger

Total time: 15:39:30

Number: 181

Speed: 10.73 km/h

Running performance: 5:34 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 120 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 98(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	1:20:17	5:20	99	28:20	139	28:20	15.02	1:20:17	5:20	99	28:20	139	28:20
Kleiner Inselsber	18.94	1:52:15	5:55	111	36:03	153	36:03	33.96	3:12:32	5:40	109	1:02:51	148	1:02:51
Neue Ausspanne	13.90	1:16:49	5:31	91	29:35	108	29:35	47.86	4:29:21	5:37	107	1:32:26	142	1:32:26
Grenzadler	13.68	1:38:45	7:13	143	45:42	219	45:42	61.54	6:08:06	5:58	135	2:18:08	185	2:18:08
Allzunah	19.96	1:38:58	4:57	62	24:57	80	26:31	81.50	7:47:04	5:43	125	2:38:56	160	2:38:56
Masserberg	17.89	1:41:56	5:41	85	36:05	111	38:59	99.39	9:29:00	5:43	113	3:13:00	142	3:13:00
Neuhaus	19.86	2:05:30	6:19	130	49:42	197	55:08	119.25	11:34:30	5:49	124	3:55:17	164	3:55:17
Schildwiese	13.54	1:20:48	5:58	115	39:10	164	39:10	132.79	12:55:18	5:50	125	4:27:11	170	4:27:11
Grumbach	18.58	1:33:42	5:02	63	28:28	84	28:28	151.37	14:29:00	5:44	121	4:55:25	156	4:55:25
Blankenstein	17.60	1:10:30	4:00	9	6:46	9	6:46	168.97	15:39:30	5:33	98	5:01:08	120	5:01:08