



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Einfach laufen lassen ...

Number: 127

Course: 168.97 km
Hörschel-Blankenstein

Category:
Männerstaffel

Total time: 15:40:11

Speed: 10.72 km/h

Running performance: 5:34 min/km

Rank in course: 123 (of 225)

Best time in course: 10:38:22

Rank in category: 100(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	1:20:52	5:23	104	28:55	144	28:55	15.02	1:20:52	5:23	104	28:55	144	28:55
Kleiner Inselsber	18.94	1:49:48	5:47	99	33:36	134	33:36	33.96	3:10:40	5:36	102	1:00:59	140	1:00:59
Neue Ausspanne	13.90	1:22:39	5:56	112	35:25	151	35:25	47.86	4:33:19	5:42	116	1:36:24	154	1:36:24
Grenzadler	13.68	1:19:10	5:47	98	26:07	130	26:07	61.54	5:52:29	5:43	118	2:02:31	149	2:02:31
Allzunah	19.96	1:48:34	5:26	107	34:33	149	36:07	81.50	7:41:03	5:39	114	2:32:55	142	2:32:55
Masserberg	17.89	1:36:57	5:25	66	31:06	87	34:00	99.39	9:18:00	5:36	101	3:02:00	122	3:02:00
Neuhaus	19.86	1:56:10	5:50	108	40:22	156	45:48	119.25	11:14:10	5:39	103	3:34:57	130	3:34:57
Schildwiese	13.54	1:17:52	5:45	103	36:14	141	36:14	132.79	12:32:02	5:39	103	4:03:55	128	4:03:55
Grumbach	18.58	1:37:58	5:16	90	32:44	119	32:44	151.37	14:10:00	5:36	101	4:36:25	126	4:36:25
Blankenstein	17.60	1:30:11	5:07	71	26:27	91	26:27	168.97	15:40:11	5:33	100	5:01:49	123	5:01:49