



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Siemens Runners

Total time: 15:48:57

Number: 236

Speed: 10.62 km/h

Running performance: 5:37 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 131 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 106(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	1:23:33	5:33	116	31:36	167	31:36	15.02	1:23:33	5:33	116	31:36	167	31:36
Kleiner Inselsber	18.94	1:38:47	5:12	38	22:35	55	22:35	33.96	3:02:20	5:22	66	52:39	92	52:39
Neue Ausspanne	13.90	1:18:54	5:40	99	31:40	121	31:40	47.86	4:21:14	5:27	75	1:24:19	98	1:24:19
Grenzdler	13.68	1:09:17	5:03	45	16:14	52	16:14	61.54	5:30:31	5:22	63	1:40:33	79	1:40:33
Allzunah	19.96	2:07:27	6:23	142	53:26	208	55:00	81.50	7:37:58	5:37	106	2:29:50	134	2:29:50
Masserberg	17.89	1:37:02	5:25	67	31:11	88	34:05	99.39	9:15:00	5:35	98	2:59:00	118	2:59:00
Neuhaus	19.86	2:15:12	6:48	141	59:24	215	1:04:50	119.25	11:30:12	5:47	120	3:50:59	159	3:50:59
Schildwiese	13.54	41:38	3:04	1	-	1	-	132.79	12:11:50	5:30	89	3:43:43	108	3:43:43
Grumbach	18.58	1:58:10	6:21	138	52:56	209	52:56	151.37	14:10:00	5:36	101	4:36:25	126	4:36:25
Blankenstein	17.60	1:38:57	5:37	104	35:13	149	35:13	168.97	15:48:57	5:36	106	5:10:35	131	5:10:35