



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

LAUF MIT BLEIB FIT

Number: 541

Course: 168.97 km
Hörschel-Blankenstein

Category:
Mixstaffel

Total time: 16:47:53

Speed: 10.00 km/h

Running performance: 5:58 min/km

Rank in course: 190 (of 225)

Best time in course: 10:38:22

Rank in category: 49(of 66)

Best time in the category: 11:54:56

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	1:22:17	5:28	38	21:04	153	30:20	15.02	1:22:17	5:28	38	21:04	222	30:20
Kleiner Inselsber	18.94	2:02:32	6:28	54	38:55	195	46:20	33.96	3:24:49	6:01	53	57:50	222	1:15:08
Neue Ausspanne	13.90	1:21:43	5:52	29	16:43	143	34:29	47.86	4:46:32	5:59	49	1:14:16	225	1:49:37
Grenzdler	13.68	1:22:50	6:03	37	19:44	158	29:47	61.54	6:09:22	6:00	47	1:27:05	225	2:19:24
Allzunah	19.96	1:48:01	5:24	36	35:34	141	35:34	81.50	7:57:23	5:51	39	1:59:19	223	2:49:15
Masserberg	17.89	1:55:37	6:27	45	52:40	187	52:40	99.39	9:53:00	5:57	41	2:36:00	184	3:37:00
Neuhaus	19.86	1:59:25	6:00	47	49:03	172	49:03	119.25	11:52:25	5:58	46	3:24:10	225	4:13:12
Schildwiese	13.54	1:18:26	5:47	33	17:06	147	36:48	132.79	13:10:51	5:57	46	3:41:10	225	4:42:44
Grumbach	18.58	1:59:09	6:24	62	49:27	213	53:55	151.37	15:10:00	6:00	50	4:30:37	219	5:36:25
Blankenstein	17.60	1:37:53	5:33	33	24:24	139	34:09	168.97	16:47:53	5:57	49	4:52:57	190	6:09:31