



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Laufklub Berlin

Total time: 16:58:53

Number: 211

Speed: 9.89 km/h

Running performance: 6:02 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 198 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 141(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	1:24:12	5:36	119	32:15	171	32:15	15.02	1:24:12	5:36	119	32:15	171	32:15
Kleiner Inselsber	18.94	1:40:44	5:19	49	24:32	68	24:32	33.96	3:04:56	5:26	78	55:15	109	55:15
Neue Ausspanne	13.90	1:53:30	8:09	145	1:06:16	221	1:06:16	47.86	4:58:26	6:14	141	2:01:31	206	2:01:31
Grenzdler	13.68	1:26:02	6:17	122	32:59	177	32:59	61.54	6:24:28	6:14	140	2:34:30	205	2:34:30
Allzunah	19.96	2:04:25	6:13	140	50:24	202	51:58	81.50	8:28:53	6:14	142	3:20:45	207	3:20:45
Masserberg	17.89	1:49:25	6:06	120	43:34	159	46:28	99.39	10:18:18	6:13	140	4:02:18	207	4:02:18
Neuhaus	19.86	1:40:03	5:02	40	24:15	59	29:41	119.25	11:58:21	6:01	137	4:19:08	195	4:19:08
Schildwiese	13.54	1:23:07	6:08	122	41:29	182	41:29	132.79	13:21:28	6:02	136	4:53:21	194	4:53:21
Grumbach	18.58	1:37:50	5:15	86	32:36	113	32:36	151.37	14:59:18	5:56	134	5:25:43	188	5:25:43
Blankenstein	17.60	1:59:35	6:47	140	55:51	210	55:51	168.97	16:58:53	6:01	141	6:20:31	198	6:20:31