



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Mühlhäuser Laufcombo

Total time: 15:57:28

Number: 111

Speed: 10.53 km/h

Running performance: 5:40 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 140 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 111(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	1:11:38	4:46	37	19:41	51	19:41	15.02	1:11:38	4:46	37	19:41	51	19:41
Kleiner Inselsber	18.94	1:38:09	5:10	36	21:57	52	21:57	33.96	2:49:47	4:59	27	40:06	39	40:06
Neue Ausspanne	13.90	1:05:10	4:41	34	17:56	37	17:56	47.86	3:54:57	4:54	24	58:02	31	58:02
Grenzdler	13.68	1:31:28	6:41	135	38:25	199	38:25	61.54	5:26:25	5:18	51	1:36:27	65	1:36:27
Allzunah	19.96	1:57:49	5:54	129	43:48	182	45:22	81.50	7:24:14	5:27	82	2:16:06	102	2:16:06
Masserberg	17.89	1:48:46	6:04	116	42:55	152	45:49	99.39	9:13:00	5:33	94	2:57:00	114	2:57:00
Neuhaus	19.86	1:58:42	5:58	117	42:54	169	48:20	119.25	11:11:42	5:37	100	3:32:29	125	3:32:29
Schildwiese	13.54	1:17:13	5:42	100	35:35	135	35:35	132.79	12:28:55	5:38	100	4:00:48	124	4:00:48
Grumbach	18.58	1:42:05	5:29	105	36:51	145	36:51	151.37	14:11:00	5:37	105	4:37:25	130	4:37:25
Blankenstein	17.60	1:46:28	6:02	128	42:44	185	42:44	168.97	15:57:28	5:39	111	5:19:06	140	5:19:06