



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

## Detailed evaluation

Die Eisernen und Freunde

Number: 164

Course: 168.97 km  
Hörschel-Blankenstein

Category:  
Männerstaffel

Total time: 16:06:08

Speed: 10.43 km/h

Running performance: 5:43 min/km

Rank in course: 155 (of 225)

Best time in course: 10:38:22

Rank in category: 120(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	1:28:26	5:53	132	36:29	189	36:29	15.02	1:28:26	5:53	132	36:29	189	36:29
Kleiner Inselsber	18.94	1:36:40	5:06	30	20:28	43	20:28	33.96	3:05:06	5:27	79	55:25	110	55:25
Neue Ausspanne	13.90	1:29:13	6:25	130	41:59	190	41:59	47.86	4:34:19	5:43	117	1:37:24	157	1:37:24
Grenzadler	13.68	1:09:47	5:06	48	16:44	55	16:44	61.54	5:44:06	5:35	89	1:54:08	116	1:54:08
Allzunah	19.96	1:46:22	5:19	97	32:21	132	33:55	81.50	7:30:28	5:31	94	2:22:20	116	2:22:20
Masserberg	17.89	1:35:32	5:20	58	29:41	76	32:35	99.39	9:06:00	5:29	84	2:50:00	102	2:50:00
Neuhaus	19.86	1:52:36	5:40	93	36:48	134	42:14	119.25	10:58:36	5:31	89	3:19:23	108	3:19:23
Schildwiese	13.54	1:31:09	6:43	140	49:31	211	49:31	132.79	12:29:45	5:38	101	4:01:38	126	4:01:38
Grumbach	18.58	1:45:15	5:39	117	40:01	166	40:01	151.37	14:15:00	5:38	106	4:41:25	133	4:41:25
Blankenstein	17.60	1:51:08	6:18	137	47:24	199	47:24	168.97	16:06:08	5:43	120	5:27:46	155	5:27:46