



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

## Detailed evaluation

Osterlauf-Team Heyda

Total time: 16:02:36

Number: 104

Speed: 10.47 km/h

Running performance: 5:42 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 150 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 118(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	1:13:04	4:51	44	21:07	64	21:07	15.02	1:13:04	4:51	44	21:07	64	21:07
Kleiner Inselsber	18.94	1:54:23	6:02	118	38:11	165	38:11	33.96	3:07:27	5:31	88	57:46	121	57:46
Neue Ausspanne	13.90	1:30:05	6:28	132	42:51	193	42:51	47.86	4:37:32	5:47	125	1:40:37	170	1:40:37
Grenzdler	13.68	1:24:12	6:09	119	31:09	168	31:09	61.54	6:01:44	5:52	131	2:11:46	178	2:11:46
Allzunah	19.96	1:42:20	5:07	78	28:19	105	29:53	81.50	7:44:04	5:41	118	2:35:56	150	2:35:56
Masserberg	17.89	1:35:56	5:21	59	30:05	77	32:59	99.39	9:20:00	5:38	104	3:04:00	126	3:04:00
Neuhaus	19.86	1:56:53	5:53	110	41:05	159	46:31	119.25	11:16:53	5:40	105	3:37:40	134	3:37:40
Schildwiese	13.54	1:24:47	6:15	128	43:09	192	43:09	132.79	12:41:40	5:44	113	4:13:33	147	4:13:33
Grumbach	18.58	1:42:20	5:30	108	37:06	150	37:06	151.37	14:24:00	5:42	112	4:50:25	145	4:50:25
Blankenstein	17.60	1:38:36	5:36	100	34:52	144	34:52	168.97	16:02:36	5:41	118	5:24:14	150	5:24:14