



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Roter Stern Pfafferoode 1

Total time: 16:07:30

Number: 218

Speed: 10.42 km/h

Running performance: 5:44 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 157 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 121(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	1:08:38	4:34	28	16:41	37	16:41	15.02	1:08:38	4:34	28	16:41	38	16:41
Kleiner Inselsber	18.94	1:42:27	5:24	54	26:15	77	26:15	33.96	2:51:05	5:02	32	41:24	45	41:24
Neue Ausspanne	13.90	1:20:52	5:49	104	33:38	133	33:38	47.86	4:11:57	5:15	55	1:15:02	69	1:15:02
Grenzdler	13.68	1:22:05	6:00	110	29:02	152	29:02	61.54	5:34:02	5:25	68	1:44:04	87	1:44:04
Allzunah	19.96	2:11:29	6:35	145	57:28	215	59:02	81.50	7:45:31	5:42	122	2:37:23	155	2:37:23
Masserberg	17.89	1:44:29	5:50	99	38:38	129	41:32	99.39	9:30:00	5:44	114	3:14:00	143	3:14:00
Neuhaus	19.86	1:49:41	5:31	84	33:53	120	39:19	119.25	11:19:41	5:41	109	3:40:28	138	3:40:28
Schildwiese	13.54	1:21:44	6:02	118	40:06	172	40:06	132.79	12:41:25	5:44	112	4:13:18	146	4:13:18
Grumbach	18.58	1:42:35	5:31	109	37:21	151	37:21	151.37	14:24:00	5:42	112	4:50:25	145	4:50:25
Blankenstein	17.60	1:43:30	5:52	125	39:46	176	39:46	168.97	16:07:30	5:43	121	5:29:08	157	5:29:08