



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

## Detailed evaluation

LG Frauenwald

Number: 233

Course: 168.97 km  
Hörschel-Blankenstein

Category:  
Männerstaffel

Total time: 15:57:28

Speed: 10.53 km/h  
Running performance: 5:40 min/km

Rank in course: 140 (of 225)

Best time in course: 10:38:22

Rank in category: 111(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	1:22:14	5:28	111	30:17	152	30:17	15.02	1:22:14	5:28	111	30:17	152	30:17
Kleiner Inselsber	18.94	2:00:02	6:20	133	43:50	190	43:50	33.96	3:22:16	5:57	134	1:12:35	190	1:12:35
Neue Ausspanne	13.90	1:04:11	4:37	25	16:57	27	16:57	47.86	4:26:27	5:34	93	1:29:32	123	1:29:32
Grenzadler	13.68	1:21:21	5:56	106	28:18	144	28:18	61.54	5:47:48	5:39	98	1:57:50	126	1:57:50
Allzunah	19.96	1:47:26	5:22	100	33:25	139	34:59	81.50	7:35:14	5:35	104	2:27:06	131	2:27:06
Masserberg	17.89	1:45:46	5:54	103	39:55	137	42:49	99.39	9:21:00	5:38	106	3:05:00	128	3:05:00
Neuhaus	19.86	2:08:08	6:27	135	52:20	204	57:46	119.25	11:29:08	5:46	119	3:49:55	158	3:49:55
Schildwiese	13.54	1:27:42	6:28	135	46:04	202	46:04	132.79	12:56:50	5:51	126	4:28:43	171	4:28:43
Grumbach	18.58	1:31:10	4:54	51	25:56	69	25:56	151.37	14:28:00	5:44	117	4:54:25	152	4:54:25
Blankenstein	17.60	1:29:28	5:04	70	25:44	89	25:44	168.97	15:57:28	5:39	111	5:19:06	140	5:19:06