



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

## Detailed evaluation

Wasserturmexpress reloaded

Total time: 15:13:41

Number: 224

Speed: 11.03 km/h

Running performance: 5:25 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 90 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 74(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    | fehlt!     | -            | -           | -           | -         | -            | 15.02         | -          | -            | -        | -           | -         | -            |
| Kleiner Inselsber  | 18.94    | fehlt!     | -            | -           | -           | -         | -            | 33.96         | -          | -            | -        | -           | -         | -            |
| Neue Ausspanne     | 13.90    | 4:04:00    | 17:33        | 146         | 3:16:46     | 222       | 3:16:46      | 47.86         | 4:04:00    | 5:05         | 40       | 1:07:05     | 51        | 1:07:05      |
| Grenzadler         | 13.68    | 1:16:46    | 5:36         | 85          | 23:43       | 106       | 23:43        | 61.54         | 5:20:46    | 5:12         | 45       | 1:30:48     | 58        | 1:30:48      |
| Allzunah           | 19.96    | 1:44:30    | 5:14         | 90          | 30:29       | 119       | 32:03        | 81.50         | 7:05:16    | 5:13         | 52       | 1:57:08     | 67        | 1:57:08      |
| Masserberg         | 17.89    | 1:54:44    | 6:24         | 131         | 48:53       | 181       | 51:47        | 99.39         | 9:00:00    | 5:25         | 73       | 2:44:00     | 90        | 2:44:00      |
| Neuhaus            | 19.86    | 1:57:38    | 5:55         | 113         | 41:50       | 162       | 47:16        | 119.25        | 10:57:38   | 5:30         | 87       | 3:18:25     | 106       | 3:18:25      |
| Schildwiese        | 13.54    | 58:46      | 4:20         | 19          | 17:08       | 20        | 17:08        | 132.79        | 11:56:24   | 5:23         | 67       | 3:28:17     | 82        | 3:28:17      |
| Grumbach           | 18.58    | 2:00:36    | 6:29         | 142         | 55:22       | 216       | 55:22        | 151.37        | 13:57:00   | 5:31         | 94       | 4:23:25     | 114       | 4:23:25      |
| Blankenstein       | 17.60    | 1:16:41    | 4:21         | 20          | 12:57       | 24        | 12:57        | 168.97        | 15:13:41   | 5:24         | 74       | 4:35:19     | 90        | 4:35:19      |