



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

X-Runners 1

Total time: 10:49:03

Number: 110

Speed: 15.53 km/h

Running performance: 3:50 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 2 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 2(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	56:09	3:44	3	4:12	3	4:12	15.02	56:09	3:44	3	4:12	3	4:12
Kleiner Inselsber	18.94	1:21:48	4:19	3	5:36	3	5:36	33.96	2:17:57	4:03	4	8:16	4	8:16
Neue Ausspanne	13.90	51:12	3:41	2	3:58	2	3:58	47.86	3:09:09	3:57	2	12:14	2	12:14
Grenzadler	13.68	53:06	3:52	2	0:03	2	0:03	61.54	4:02:15	3:56	2	12:17	2	12:17
Allzunah	19.96	1:15:54	3:48	2	1:53	4	3:27	81.50	5:18:09	3:54	2	10:01	2	10:01
Masserberg	17.89	1:05:51	3:40	1	-	2	2:54	99.39	6:24:00	3:51	2	8:00	2	8:00
Neuhaus	19.86	1:16:25	3:50	2	0:37	4	6:03	119.25	7:40:25	3:51	2	1:12	2	1:12
Schildwiese	13.54	50:57	3:45	5	9:19	5	9:19	132.79	8:31:22	3:51	2	3:15	2	3:15
Grumbach	18.58	1:12:16	3:53	4	7:02	5	7:02	151.37	9:43:38	3:51	2	10:03	2	10:03
Blankenstein	17.60	1:05:25	3:43	5	1:41	5	1:41	168.97	10:49:03	3:50	2	10:41	2	10:41