



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

RUNSTER

Total time: 16:10:07

Number: 217

Speed: 10.39 km/h

Running performance: 5:44 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 162 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 124(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	1:15:04	4:59	64	23:07	89	23:07	15.02	1:15:04	4:59	64	23:07	89	23:07
Kleiner Inselsber	18.94	1:45:58	5:35	77	29:46	105	29:46	33.96	3:01:02	5:19	62	51:21	87	51:21
Neue Ausspanne	13.90	1:24:16	6:03	123	37:02	168	37:02	47.86	4:25:18	5:32	84	1:28:23	114	1:28:23
Grenzdler	13.68	1:26:48	6:20	125	33:45	184	33:45	61.54	5:52:06	5:43	117	2:02:08	147	2:02:08
Allzunah	19.96	1:42:07	5:06	76	28:06	100	29:40	81.50	7:34:13	5:34	103	2:26:05	129	2:26:05
Masserberg	17.89	1:58:47	6:38	135	52:56	194	55:50	99.39	9:33:00	5:45	121	3:17:00	154	3:17:00
Neuhaus	19.86	1:58:10	5:56	116	42:22	166	47:48	119.25	11:31:10	5:47	121	3:51:57	161	3:51:57
Schildwiese	13.54	1:22:13	6:04	120	40:35	175	40:35	132.79	12:53:23	5:49	122	4:25:16	166	4:25:16
Grumbach	18.58	1:51:37	6:00	130	46:23	188	46:23	151.37	14:45:00	5:50	127	5:11:25	173	5:11:25
Blankenstein	17.60	1:25:07	4:50	53	21:23	68	21:23	168.97	16:10:07	5:44	124	5:31:45	162	5:31:45