



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

## Detailed evaluation

Gipfelstürmer

Total time: 16:33:21

Number: 185

Speed: 10.15 km/h

Running performance: 5:53 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 178 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 133(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    | 1:34:38    | 6:18         | 142         | 42:41       | 212       | 42:41        | 15.02         | 1:34:38    | 6:18         | 142      | 42:41       | 212       | 42:41        |
| Kleiner Inselsber  | 18.94    | 2:12:58    | 7:01         | 144         | 56:46       | 213       | 56:46        | 33.96         | 3:47:36    | 6:42         | 144      | 1:37:55     | 214       | 1:37:55      |
| Neue Ausspanne     | 13.90    | 1:29:30    | 6:26         | 131         | 42:16       | 191       | 42:16        | 47.86         | 5:17:06    | 6:37         | 145      | 2:20:11     | 216       | 2:20:11      |
| Grenzdler          | 13.68    | 1:22:16    | 6:00         | 112         | 29:13       | 154       | 29:13        | 61.54         | 6:39:22    | 6:29         | 145      | 2:49:24     | 216       | 2:49:24      |
| Allzunah           | 19.96    | 2:18:09    | 6:55         | 146         | 1:04:08     | 219       | 1:05:42      | 81.50         | 8:57:31    | 6:35         | 145      | 3:49:23     | 218       | 3:49:23      |
| Masserberg         | 17.89    | 1:23:09    | 4:38         | 23          | 17:18       | 30        | 20:12        | 99.39         | 10:20:40   | 6:14         | 144      | 4:04:40     | 211       | 4:04:40      |
| Neuhaus            | 19.86    | 1:43:55    | 5:13         | 63          | 28:07       | 89        | 33:33        | 119.25        | 12:04:35   | 6:04         | 140      | 4:25:22     | 202       | 4:25:22      |
| Schildwiese        | 13.54    | 1:20:33    | 5:56         | 112         | 38:55       | 161       | 38:55        | 132.79        | 13:25:08   | 6:03         | 139      | 4:57:01     | 198       | 4:57:01      |
| Grumbach           | 18.58    | 1:39:32    | 5:21         | 94          | 34:18       | 128       | 34:18        | 151.37        | 15:04:40   | 5:58         | 138      | 5:31:05     | 192       | 5:31:05      |
| Blankenstein       | 17.60    | 1:28:41    | 5:02         | 65          | 24:57       | 82        | 24:57        | 168.97        | 16:33:21   | 5:52         | 133      | 5:54:59     | 178       | 5:54:59      |