



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Laufklub Berlin

Total time: 16:48:00

Number: 210

Speed: 10.00 km/h

Running performance: 5:58 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 191 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 136(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	1:20:53	5:23	105	28:56	145	28:56	15.02	1:20:53	5:23	105	28:56	145	28:56
Kleiner Inselsber	18.94	1:32:37	4:53	16	16:25	23	16:25	33.96	2:53:30	5:06	39	43:49	54	43:49
Neue Ausspanne	13.90	1:34:24	6:47	138	47:10	204	47:10	47.86	4:27:54	5:35	99	1:30:59	132	1:30:59
Grenzdler	13.68	1:27:47	6:25	129	34:44	188	34:44	61.54	5:55:41	5:46	121	2:05:43	156	2:05:43
Allzunah	19.96	1:59:45	5:59	134	45:44	193	47:18	81.50	7:55:26	5:50	132	2:47:18	175	2:47:18
Masserberg	17.89	1:39:34	5:33	76	33:43	99	36:37	99.39	9:35:00	5:47	123	3:19:00	160	3:19:00
Neuhaus	19.86	2:07:20	6:24	133	51:32	201	56:58	119.25	11:42:20	5:53	128	4:03:07	173	4:03:07
Schildwiese	13.54	1:33:15	6:53	142	51:37	215	51:37	132.79	13:15:35	5:59	134	4:47:28	189	4:47:28
Grumbach	18.58	1:53:25	6:06	134	48:11	197	48:11	151.37	15:09:00	6:00	140	5:35:25	195	5:35:25
Blankenstein	17.60	1:39:00	5:37	105	35:16	150	35:16	168.97	16:48:00	5:57	136	6:09:38	191	6:09:38