



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

## Detailed evaluation

let's connect Weidmüller Rennsteig **Total time: 16:23:43**

Number: 200

Speed: 10.25 km/h  
Running performance: 5:49 min/km

Course: 168.97 km  
Hörschel-Blankenstein

Rank in course: 172 (of 225)  
Best time in course: 10:38:22

Category:  
Männerstaffel

Rank in category: 128(of 147)  
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	1:27:01	5:47	129	35:04	182	35:04	15.02	1:27:01	5:47	129	35:04	182	35:04
Kleiner Inselsber	18.94	1:45:56	5:35	76	29:44	104	29:44	33.96	3:12:57	5:40	112	1:03:16	152	1:03:16
Neue Ausspanne	13.90	1:14:41	5:22	73	27:27	88	27:27	47.86	4:27:38	5:35	97	1:30:43	130	1:30:43
Grenzdler	13.68	1:13:26	5:22	69	20:23	84	20:23	61.54	5:41:04	5:32	86	1:51:06	108	1:51:06
Allzunah	19.96	1:58:22	5:55	132	44:21	185	45:55	81.50	7:39:26	5:38	110	2:31:18	138	2:31:18
Masserberg	17.89	1:55:34	6:27	132	49:43	185	52:37	99.39	9:35:00	5:47	123	3:19:00	160	3:19:00
Neuhaus	19.86	2:21:31	7:07	144	1:05:43	220	1:11:09	119.25	11:56:31	6:00	135	4:17:18	191	4:17:18
Schildwiese	13.54	1:26:58	6:25	132	45:20	199	45:20	132.79	13:23:29	6:03	137	4:55:22	196	4:55:22
Grumbach	18.58	1:23:31	4:29	23	18:17	32	18:17	151.37	14:47:00	5:51	130	5:13:25	176	5:13:25
Blankenstein	17.60	1:36:43	5:29	94	32:59	127	32:59	168.97	16:23:43	5:49	128	5:45:21	172	5:45:21