



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Ratsrunners

Total time: 14:11:21

Number: 514

Speed: 11.84 km/h

Running performance: 5:02 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 46 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 8(of 66)

Mixstaffel

Best time in the category: 11:54:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	
Hohe Sonne	15.02	1:08:00	4:31	8	6:47	34	16:03	15.02	1:08:00	4:31	8	6:47	222	16:03	
Kleiner Inselsber	18.94	1:47:44	5:41	27	24:07	120	31:32	33.96	2:55:44	5:10	14	28:45	222	46:03	
Neue Ausspanne	13.90	1:10:24	5:03	7	5:24	64	23:10	47.86	4:06:08	5:08	10	33:52	225	1:09:13	
Grenzdler	13.68	1:03:06	4:36	1	-	22	10:03	61.54	5:09:14	5:01	3	26:57	225	1:19:16	
Allzunah	19.96	1:43:11	5:10	24	30:44	112	30:44	81.50	6:52:25	5:03	8	54:21	223	1:44:17	
Masserberg	17.89	1:26:35	4:50	7	23:38	40	23:38	99.39	8:19:00	5:01	8	1:02:00	225	2:03:00	
Neuhaus	19.86	1:36:00	4:50	10	25:38	38	25:38	119.25	9:55:00	4:59	5	1:26:45	225	2:15:47	
Schildwiese	13.54	1:17:23	5:42	29	16:03	138	35:45	132.79	11:12:23	5:03	8	1:42:42	225	2:44:16	
Grumbach	18.58	1:35:37	5:08	24	25:55	97	30:23	151.37	12:48:00	5:04	8	2:08:37	100	3:14:25	
Blankenstein	17.60	1:23:21	4:44	12	9:52	63	19:37	168.97	14:11:21	5:02	8	2:16:25	46	3:32:59	