



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Rennsteinläufer

Total time: 13:50:04

Number: 533

Speed: 12.14 km/h

Running performance: 4:55 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 30 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 24(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	1:08:31	4:33	27	16:34	36	16:34	15.02	1:08:31	4:33	27	16:34	36	16:34
Kleiner Inselsber	18.94	1:58:43	6:16	130	42:31	184	42:31	33.96	3:07:14	5:30	86	57:33	119	57:33
Neue Ausspanne	13.90	1:03:58	4:36	23	16:44	25	16:44	47.86	4:11:12	5:14	52	1:14:17	66	1:14:17
Grenzdler	13.68	1:16:24	5:35	82	23:21	102	23:21	61.54	5:27:36	5:19	54	1:37:38	68	1:37:38
Allzunah	19.96	1:28:01	4:24	21	14:00	26	15:34	81.50	6:55:37	5:05	37	1:47:29	49	1:47:29
Masserberg	17.89	1:30:23	5:03	41	24:32	53	27:26	99.39	8:26:00	5:05	35	2:10:00	48	2:10:00
Neuhaus	19.86	1:36:56	4:52	30	21:08	43	26:34	119.25	10:02:56	5:03	31	2:23:43	42	2:23:43
Schildwiese	13.54	57:48	4:16	14	16:10	14	16:10	132.79	11:00:44	4:58	28	2:32:37	34	2:32:37
Grumbach	18.58	1:23:46	4:30	24	18:32	34	18:32	151.37	12:24:30	4:55	23	2:50:55	30	2:50:55
Blankenstein	17.60	1:25:34	4:51	58	21:50	73	21:50	168.97	13:50:04	4:54	24	3:11:42	30	3:11:42