



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

LG Rippershausen

Number: 120

Course: 168.97 km
Hörschel-Blankenstein

Category:
Männerstaffel

Total time: 13:51:02

Speed: 12.13 km/h

Running performance: 4:55 min/km

Rank in course: 31 (of 225)

Best time in course: 10:38:22

Rank in category: 25(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	1:17:03	5:07	81	25:06	110	25:06	15.02	1:17:03	5:07	81	25:06	110	25:06
Kleiner Inselsber	18.94	1:39:18	5:14	40	23:06	57	23:06	33.96	2:56:21	5:11	44	46:40	61	46:40
Neue Ausspanne	13.90	1:06:49	4:48	36	19:35	41	19:35	47.86	4:03:10	5:04	36	1:06:15	47	1:06:15
Grenzadler	13.68	1:13:04	5:20	65	20:01	80	20:01	61.54	5:16:14	5:08	36	1:26:16	48	1:26:16
Allzunah	19.96	1:27:14	4:22	19	13:13	23	14:47	81.50	6:43:28	4:57	27	1:35:20	33	1:35:20
Masserberg	17.89	1:39:32	5:33	75	33:41	98	36:35	99.39	8:23:00	5:03	30	2:07:00	42	2:07:00
Neuhaus	19.86	1:36:42	4:52	28	20:54	41	26:20	119.25	9:59:42	5:01	28	2:20:29	39	2:20:29
Schildwiese	13.54	57:20	4:14	13	15:42	13	15:42	132.79	10:57:02	4:56	24	2:28:55	30	2:28:55
Grumbach	18.58	1:25:58	4:37	28	20:44	43	20:44	151.37	12:23:00	4:54	22	2:49:25	29	2:49:25
Blankenstein	17.60	1:28:02	5:00	62	24:18	79	24:18	168.97	13:51:02	4:55	25	3:12:40	31	3:12:40