



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

fit & run Irrläufer

Number: 542

Course: 168.97 km
Hörschel-Blankenstein

Category:
Mixstaffel

Total time: 14:56:48

Speed: 11.24 km/h

Running performance: 5:19 min/km

Rank in course: 71 (of 225)

Best time in course: 10:38:22

Rank in category: 13(of 66)

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.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Hohe Sonne	15.02	1:11:51	4:47	14	10:38	53	19:54	15.02	1:11:51	4:47	14	10:38	222	19:54
Kleiner Inselsber	18.94	1:55:49	6:06	45	32:12	171	39:37	33.96	3:07:40	5:31	30	40:41	222	57:59
Neue Ausspanne	13.90	1:19:14	5:42	18	14:14	122	32:00	47.86	4:26:54	5:34	27	54:38	225	1:29:59
Grenzadler	13.68	1:07:14	4:54	4	4:08	40	14:11	61.54	5:34:08	5:25	16	51:51	225	1:44:10
Allzunah	19.96	1:49:42	5:29	38	37:15	152	37:15	81.50	7:23:50	5:26	17	1:25:46	223	2:15:42
Masserberg	17.89	1:35:10	5:19	15	32:13	71	32:13	99.39	8:59:00	5:25	14	1:42:00	89	2:43:00
Neuhaus	19.86	1:45:53	5:19	26	35:31	99	35:31	119.25	10:44:53	5:24	13	2:16:38	225	3:05:40
Schildwiese	13.54	1:23:34	6:10	51	22:14	186	41:56	132.79	12:08:27	5:29	15	2:38:46	225	3:40:20
Grumbach	18.58	1:32:33	4:58	16	22:51	75	27:19	151.37	13:41:00	5:25	13	3:01:37	92	4:07:25
Blankenstein	17.60	1:15:48	4:18	3	2:19	21	12:04	168.97	14:56:48	5:18	13	3:01:52	71	4:18:26