



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Arnstadt läuft ...

Number: 138

Course: 168.97 km
Hörschel-Blankenstein

Category:
Männerstaffel

Total time: 14:23:57

Speed: 11.67 km/h

Running performance: 5:07 min/km

Rank in course: 51 (of 225)

Best time in course: 10:38:22

Rank in category: 40(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	1:11:53	4:47	39	19:56	54	19:56	15.02	1:11:53	4:47	39	19:56	54	19:56
Kleiner Inselsber	18.94	1:47:31	5:40	88	31:19	119	31:19	33.96	2:59:24	5:16	57	49:43	77	49:43
Neue Ausspanne	13.90	1:04:13	4:37	27	16:59	29	16:59	47.86	4:03:37	5:05	38	1:06:42	49	1:06:42
Grenzadler	13.68	1:15:55	5:32	79	22:52	97	22:52	61.54	5:19:32	5:11	43	1:29:34	55	1:29:34
Allzunah	19.96	1:32:31	4:38	37	18:30	45	20:04	81.50	6:52:03	5:03	35	1:43:55	45	1:43:55
Masserberg	17.89	1:30:57	5:05	44	25:06	56	28:00	99.39	8:23:00	5:03	30	2:07:00	42	2:07:00
Neuhaus	19.86	1:56:06	5:50	107	40:18	155	45:44	119.25	10:19:06	5:11	44	2:39:53	57	2:39:53
Schildwiese	13.54	1:20:21	5:56	111	38:43	159	38:43	132.79	11:39:27	5:16	53	3:11:20	66	3:11:20
Grumbach	18.58	1:21:33	4:23	18	16:19	27	16:19	151.37	13:01:00	5:09	45	3:27:25	56	3:27:25
Blankenstein	17.60	1:22:57	4:42	48	19:13	62	19:13	168.97	14:23:57	5:06	40	3:45:35	51	3:45:35