



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Luise läuft

Number: 570

Course: 168.97 km
Hörschel-Blankenstein

Category:
Männerstaffel

Total time: 14:34:02

Speed: 11.53 km/h

Running performance: 5:10 min/km

Rank in course: 58 (of 225)

Best time in course: 10:38:22

Rank in category: 46(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	1:14:47	4:58	62	22:50	87	22:50	15.02	1:14:47	4:58	62	22:50	87	22:50
Kleiner Inselsber	18.94	1:37:16	5:08	34	21:04	48	21:04	33.96	2:52:03	5:03	33	42:22	47	42:22
Neue Ausspanne	13.90	1:10:12	5:03	52	22:58	61	22:58	47.86	4:02:15	5:03	34	1:05:20	45	1:05:20
Grenzadler	13.68	1:16:42	5:36	84	23:39	105	23:39	61.54	5:18:57	5:10	42	1:28:59	54	1:28:59
Allzunah	19.96	1:42:34	5:08	80	28:33	107	30:07	81.50	7:01:31	5:10	44	1:53:23	58	1:53:23
Masserberg	17.89	1:40:29	5:37	81	34:38	104	37:32	99.39	8:42:00	5:15	50	2:26:00	63	2:26:00
Neuhaus	19.86	1:48:52	5:28	77	33:04	111	38:30	119.25	10:30:52	5:17	57	2:51:39	70	2:51:39
Schildwiese	13.54	1:02:42	4:37	28	21:04	31	21:04	132.79	11:33:34	5:13	48	3:05:27	61	3:05:27
Grumbach	18.58	1:41:26	5:27	101	36:12	139	36:12	151.37	13:15:00	5:15	53	3:41:25	68	3:41:25
Blankenstein	17.60	1:19:02	4:29	29	15:18	35	15:18	168.97	14:34:02	5:10	46	3:55:40	58	3:55:40