



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

## Detailed evaluation

Kenias letzte Reserve

Total time: 14:26:48

Number: 160

Speed: 11.63 km/h

Running performance: 5:08 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 55 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 43(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	1:17:51	5:10	86	25:54	119	25:54	15.02	1:17:51	5:10	86	25:54	119	25:54
Kleiner Inselsber	18.94	1:39:30	5:15	42	23:18	59	23:18	33.96	2:57:21	5:13	51	47:40	69	47:40
Neue Ausspanne	13.90	1:22:15	5:55	110	35:01	146	35:01	47.86	4:19:36	5:25	71	1:22:41	91	1:22:41
Grenzadler	13.68	1:01:49	4:31	16	8:46	17	8:46	61.54	5:21:25	5:13	47	1:31:27	60	1:31:27
Allzunah	19.96	1:42:20	5:07	78	28:19	105	29:53	81.50	7:03:45	5:11	49	1:55:37	64	1:55:37
Masserberg	17.89	1:47:15	5:59	110	41:24	145	44:18	99.39	8:51:00	5:20	61	2:35:00	75	2:35:00
Neuhaus	19.86	1:41:05	5:05	43	25:17	64	30:43	119.25	10:32:05	5:18	59	2:52:52	72	2:52:52
Schildwiese	13.54	1:04:44	4:46	37	23:06	42	23:06	132.79	11:36:49	5:14	51	3:08:42	64	3:08:42
Grumbach	18.58	1:21:11	4:22	17	15:57	25	15:57	151.37	12:58:00	5:08	41	3:24:25	52	3:24:25
Blankenstein	17.60	1:28:48	5:02	66	25:04	84	25:04	168.97	14:26:48	5:07	43	3:48:26	55	3:48:26