



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Rennsteigoldies (Next Generation)

Total time: 15:30:10

Number: 522

Speed: 10.84 km/h

Running performance: 5:30 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 107 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 17(of 66)

Mixstaffel

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.	Stage score		Total ranking							
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	
Hohe Sonne	15.02	1:12:49	4:50	18	11:36	63	20:52	15.02	1:12:49	4:50	18	11:36	222	20:52	
Kleiner Inselsber	18.94	1:44:37	5:31	22	21:00	90	28:25	33.96	2:57:26	5:13	16	30:27	222	47:45	
Neue Ausspanne	13.90	1:24:57	6:06	39	19:57	174	37:43	47.86	4:22:23	5:28	24	50:07	225	1:25:28	
Grenzdler	13.68	1:21:22	5:56	31	18:16	145	28:19	61.54	5:43:45	5:35	23	1:01:28	225	1:53:47	
Allzunah	19.96	1:58:47	5:57	49	46:20	188	46:20	81.50	7:42:32	5:40	26	1:44:28	223	2:34:24	
Masserberg	17.89	1:55:28	6:27	43	52:31	184	52:31	99.39	9:38:00	5:48	34	2:21:00	168	3:22:00	
Neuhaus	19.86	1:46:20	5:21	28	35:58	102	35:58	119.25	11:24:20	5:44	33	2:56:05	225	3:45:07	
Schildwiese	13.54	1:12:25	5:20	15	11:05	103	30:47	132.79	12:36:45	5:41	24	3:07:04	225	4:08:38	
Grumbach	18.58	1:24:15	4:32	10	14:33	36	19:01	151.37	14:01:00	5:33	19	3:21:37	225	4:27:25	
Blankenstein	17.60	1:29:10	5:03	16	15:41	86	25:26	168.97	15:30:10	5:30	17	3:35:14	107	4:51:48	