



21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

Detailed evaluation

Sömmerdarer Gipfelstürmer

Total time: 12:59:07

Number: 102

Speed: 13.01 km/h

Running performance: 4:37 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 17 (of 225)

Best time in course: 10:38:22

Category:

Rank in category: 15(of 147)

Männerstaffel

Best time in the category: 10:38:22

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Total		
	km	Time			min/km	Cat.		Cat.	Total			Total	km	Time
Hohe Sonne	15.02	1:05:59	4:23	21	14:02	25	14:02	15.02	1:05:59	4:23	21	14:02	25	14:02
Kleiner Inselsber	18.94	1:34:48	5:00	24	18:36	36	18:36	33.96	2:40:47	4:44	18	31:06	24	31:06
Neue Ausspanne	13.90	1:04:52	4:39	33	17:38	35	17:38	47.86	3:45:39	4:42	16	48:44	20	48:44
Grenzadler	13.68	1:05:37	4:47	29	12:34	33	12:34	61.54	4:51:16	4:43	17	1:01:18	21	1:01:18
Allzunah	19.96	1:23:52	4:12	12	9:51	16	11:25	81.50	6:15:08	4:36	14	1:07:00	17	1:07:00
Masserberg	17.89	1:17:52	4:21	15	12:01	19	14:55	99.39	7:33:00	4:33	13	1:17:00	14	1:17:00
Neuhaus	19.86	1:39:52	5:01	39	24:04	57	29:30	119.25	9:12:52	4:38	15	1:33:39	17	1:33:39
Schildwiese	13.54	58:40	4:19	17	17:02	18	17:02	132.79	10:11:32	4:36	15	1:43:25	17	1:43:25
Grumbach	18.58	1:32:28	4:58	56	27:14	74	27:14	151.37	11:44:00	4:39	17	2:10:25	20	2:10:25
Blankenstein	17.60	1:15:07	4:16	17	11:23	18	11:23	168.97	12:59:07	4:36	15	2:20:45	17	2:20:45