



# 21. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2019

## Detalizēti rezultāti

Fit and Run Wilde Fünfziger

Numurs: 181

Posms: 168.97 km

Hörschel-Blankenstein

Grupa:

Männerstaffel

Kopējais laiks: 15:39:30

Ātrums: 10.73 km/h

Skrējiena izpildījums: 5:34 min/km

Vieta distancē: 120 (no 225)

Distances labākais laiks: 10:38:22

Vieta grupā: 98(no 147)

Grupas labākais laiks: 10:38:22

## Vidējie laiki

## Posma rezultāts

## Kopējais rezultāts

| Kontrolpunkts     | Posma |         | Posma  |       | Vietāztrūkum:Vietāztrūkums |      | Kopā  |        | Kopā     |        | Kopā  |         | Vietāztrūkum:Vietāztrūkums |         |
|-------------------|-------|---------|--------|-------|----------------------------|------|-------|--------|----------|--------|-------|---------|----------------------------|---------|
|                   | km    | Laiks   | min/km | grupā | grupā                      | Kopā | Kopā  | km     | Laiks    | min/km | grupā | grupā   | Kopā                       | Kopā    |
| Hohe Sonne        | 15.02 | 1:20:17 | 5:20   | 99    | 28:20                      | 139  | 28:20 | 15.02  | 1:20:17  | 5:20   | 99    | 28:20   | 139                        | 28:20   |
| Kleiner Inselsber | 18.94 | 1:52:15 | 5:55   | 111   | 36:03                      | 153  | 36:03 | 33.96  | 3:12:32  | 5:40   | 109   | 1:02:51 | 148                        | 1:02:51 |
| Neue Ausspanne    | 13.90 | 1:16:49 | 5:31   | 91    | 29:35                      | 108  | 29:35 | 47.86  | 4:29:21  | 5:37   | 107   | 1:32:26 | 142                        | 1:32:26 |
| Grenzadler        | 13.68 | 1:38:45 | 7:13   | 143   | 45:42                      | 219  | 45:42 | 61.54  | 6:08:06  | 5:58   | 135   | 2:18:08 | 185                        | 2:18:08 |
| Allzunah          | 19.96 | 1:38:58 | 4:57   | 62    | 24:57                      | 80   | 26:31 | 81.50  | 7:47:04  | 5:43   | 125   | 2:38:56 | 160                        | 2:38:56 |
| Masserberg        | 17.89 | 1:41:56 | 5:41   | 85    | 36:05                      | 111  | 38:59 | 99.39  | 9:29:00  | 5:43   | 113   | 3:13:00 | 142                        | 3:13:00 |
| Neuhaus           | 19.86 | 2:05:30 | 6:19   | 130   | 49:42                      | 197  | 55:08 | 119.25 | 11:34:30 | 5:49   | 124   | 3:55:17 | 164                        | 3:55:17 |
| Schildwiese       | 13.54 | 1:20:48 | 5:58   | 115   | 39:10                      | 164  | 39:10 | 132.79 | 12:55:18 | 5:50   | 125   | 4:27:11 | 170                        | 4:27:11 |
| Grumbach          | 18.58 | 1:33:42 | 5:02   | 63    | 28:28                      | 84   | 28:28 | 151.37 | 14:29:00 | 5:44   | 121   | 4:55:25 | 156                        | 4:55:25 |
| Blankenstein      | 17.60 | 1:10:30 | 4:00   | 9     | 6:46                       | 9    | 6:46  | 168.97 | 15:39:30 | 5:33   | 98    | 5:01:08 | 120                        | 5:01:08 |