



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

## Detailed evaluation

Pleßgirls Breitungen

Number: 6

Course: 168.97 km  
Hörschel-Blankenstein

Category:  
Frauenstaffel

Total time: 12:59:51

Speed: 12.93 km/h

Running performance: 4:36 min/km

Rank in course: 18 (of 191)

Best time in course: 10:58:34

Rank in category: 1(of 15)

Best time in the category: 12:59:51

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	14.00	1:14:06	5:17	2	7:18	66	17:52	14.00	1:14:06	5:17	2	7:18	192	17:52
Grenzwiese/Kleir	19.60	1:30:51	4:38	1	-	23	14:53	33.60	2:44:57	4:54	1	-	191	32:20
Neue Ausspanne	14.00	1:04:43	4:37	1	-	25	11:34	47.60	3:49:40	4:49	1	-	157	41:32
Grenzadler (Ober	13.70	1:04:07	4:40	1	-	19	12:15	61.30	4:53:47	4:47	1	-	191	49:37
Allzunah	19.90	1:21:57	4:07	1	-	16	13:53	81.20	6:15:44	4:37	1	-	191	1:00:37
Masserberg (Ren	17.90	1:31:01	5:05	4	7:44	59	22:41	99.10	7:46:45	4:42	1	-	191	1:17:16
Neuhaus (Rennst	19.90	1:34:52	4:46	1	-	33	17:54	119.00	9:21:37	4:43	1	-	191	1:30:38
Wanderhütte an	13.50	1:01:11	4:31	2	0:45	15	9:50	132.50	10:22:48	4:42	1	-	191	1:39:26
Brennersgrün	15.90	1:11:36	4:30	2	2:30	16	14:28	148.40	11:34:24	4:40	1	-	191	1:52:42
Blankenstein	20.30	1:25:27	4:12	3	1:25:27	19	1:25:27	168.97	12:59:51	4:36	1	-	18	2:01:17