



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

## Detailed evaluation

### Team-Heipa-Eichsfeld Mix

Club: Lauffreunde Eichsfeld  
Number: 570

Course: 168.97 km  
Hörschel-Blankenstein

Category:  
Mixstaffel

Total time: 12:45:01

Speed: 13.18 km/h  
Running performance: 4:31 min/km

Rank in course: 10 (of 191)  
Best time in course: 10:58:34

Rank in category: 2(of 54)  
Best time in the category: 12:12:00

Control	Intermediate times					Stage score				Total ranking					
	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	1:06:35	4:45	6	9:46	23	10:21	14.00	1:06:35	4:45	6	9:46	192	10:21	
Grenzwiese/Kleir	19.60	1:25:58	4:23	4	9:12	9	10:00	33.60	2:32:33	4:32	4	13:44	191	19:56	
Neue Ausspanne	14.00	1:05:40	4:41	3	6:02	29	12:31	47.60	3:38:13	4:35	2	13:41	191	30:05	
Grenzadler (Ober	13.70	1:09:19	5:03	4	8:01	44	17:27	61.30	4:47:32	4:41	2	8:21	191	43:22	
Allzunah	19.90	1:29:30	4:29	10	17:40	40	21:26	81.20	6:17:02	4:38	4	12:11	191	1:01:55	
Masserberg (Ren	17.90	1:20:28	4:29	3	3:30	13	12:08	99.10	7:37:30	4:36	3	15:41	191	1:08:01	
Neuhaus (Rennst	19.90	1:37:06	4:52	8	18:31	38	20:08	119.00	9:14:36	4:39	3	34:12	191	1:23:37	
Wanderhütte an	13.50	54:18	4:01	1	-	5	2:57	132.50	10:08:54	4:35	2	23:22	191	1:25:32	
Brennersgrün	15.90	1:13:32	4:37	3	9:26	19	16:24	148.40	11:22:26	4:35	2	27:03	191	1:40:44	
Blankenstein	20.30	1:22:35	4:04	3	5:58	13	1:22:35	168.97	12:45:01	4:31	2	33:01	10	1:46:27	