



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

Detailed evaluation

Jenaer Intervallexpress

Number: 530

Course: 168.97 km
Hörschel-Blankenstein

Category:
Mixstaffel

Total time: 12:55:21

Speed: 13.08 km/h

Running performance: 4:35 min/km

Rank in course: 16 (of 191)

Best time in course: 10:58:34

Rank in category: 3(of 54)

Best time in the category: 12:12:00

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	1:12:16	5:09	11	15:27	48	16:02	14.00	1:12:16	5:09	11	15:27	192	16:02
Grenzwiese/Kleir	19.60	1:30:21	4:36	9	13:35	21	14:23	33.60	2:42:37	4:50	8	23:48	191	30:00
Neue Ausspanne	14.00	1:07:08	4:47	6	7:30	36	13:59	47.60	3:49:45	4:49	7	25:13	191	41:37
Grenzdler (Ober	13.70	1:01:18	4:28	1	-	14	9:26	61.30	4:51:03	4:44	4	11:52	191	46:53
Allzunah	19.90	1:22:59	4:10	4	11:09	21	14:55	81.20	6:14:02	4:36	3	9:11	191	58:55
Masserberg (Ren	17.90	1:24:47	4:44	8	7:49	24	16:27	99.10	7:38:49	4:37	4	17:00	191	1:09:20
Neuhaus (Rennst	19.90	1:27:42	4:24	3	9:07	11	10:44	119.00	9:06:31	4:35	2	26:07	191	1:15:32
Wanderhütte an	13.50	1:08:27	5:04	6	14:09	46	17:06	132.50	10:14:58	4:38	3	29:26	191	1:31:36
Brennersgrün	15.90	1:16:05	4:47	4	11:59	30	18:57	148.40	11:31:03	4:39	3	35:40	191	1:49:21
Blankenstein	20.30	1:24:18	4:09	4	7:41	14	1:24:18	168.97	12:55:21	4:35	3	43:21	16	1:56:47