



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

Detailed evaluation

Rennsteinläufer

Club: Edith-Stein-Schulsportverein Erfurt `98 e.V.
Number: 550

Course: 168.97 km
Hörschel-Blankenstein

Category:
Mixstaffel

Total time: 15:58:02

Speed: 10.58 km/h
Running performance: 5:40 min/km

Rank in course: 111 (of 191)
Best time in course: 10:58:34

Rank in category: 22(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	1:06:06	4:43	5	9:17	19	9:52	14.00	1:06:06	4:43	5	9:17	192	9:52
Grenzwiese/Kleir	19.60	1:44:08	5:18	21	27:22	82	28:10	33.60	2:50:14	5:03	11	31:25	191	37:37
Neue Ausspanne	14.00	1:14:17	5:18	15	14:39	84	21:08	47.60	4:04:31	5:08	10	39:59	191	56:23
Grenzdler (Ober	13.70	1:18:13	5:42	21	16:55	97	26:21	61.30	5:22:44	5:15	10	43:33	191	1:18:34
Allzunah	19.90	1:44:48	5:15	29	32:58	112	36:44	81.20	7:07:32	5:15	12	1:02:41	191	1:52:25
Masserberg (Ren	17.90	1:44:04	5:48	29	27:06	126	35:44	99.10	8:51:36	5:21	14	1:29:47	191	2:22:07
Neuhaus (Rennst	19.90	2:06:43	6:22	43	48:08	160	49:45	119.00	10:58:19	5:31	19	2:17:55	191	3:07:20
Wanderhütte an	13.50	1:18:44	5:49	16	24:26	107	27:23	132.50	12:17:03	5:33	18	2:31:31	191	3:33:41
Brennersgrün	15.90	1:29:07	5:36	25	25:01	107	31:59	148.40	13:46:10	5:34	19	2:50:47	191	4:04:28
Blankenstein	20.30	2:11:52	6:29	51	55:15	179	2:11:52	168.97	15:58:02	5:40	22	3:46:02	111	4:59:28