



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

Detailed evaluation

Werratal Runners

Number: 207

Course: 168.97 km
Hörschel-Blankenstein

Category:
Männerstaffel

Total time: 12:53:37

Speed: 13.10 km/h

Running performance: 4:34 min/km

Rank in course: 13 (of 191)

Best time in course: 10:58:34

Rank in category: 11(of 122)

Best time in the category: 10:58:34

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	1:04:54	4:38	10	8:40	14	8:40	14.00	1:04:54	4:38	10	8:40	14	8:40
Grenzwiese/Kleir	19.60	1:32:15	4:42	17	16:17	28	16:17	33.60	2:37:09	4:40	10	24:32	14	24:32
Neue Ausspanne	14.00	57:46	4:07	8	4:37	8	4:37	47.60	3:34:55	4:30	8	26:47	9	26:47
Grenzdler (Ober	13.70	1:02:11	4:32	14	10:19	15	10:19	61.30	4:37:06	4:31	8	32:56	8	32:56
Allzunah	19.90	1:32:20	4:38	36	24:16	51	24:16	81.20	6:09:26	4:32	14	54:19	15	54:19
Masserberg (Ren	17.90	1:16:47	4:17	5	8:27	5	8:27	99.10	7:26:13	4:30	10	56:44	11	56:44
Neuhaus (Rennst	19.90	1:28:03	4:25	10	11:05	13	11:05	119.00	8:54:16	4:29	9	1:03:17	10	1:03:17
Wanderhütte an	13.50	1:04:58	4:48	25	13:37	30	13:37	132.50	9:59:14	4:31	9	1:15:52	10	1:15:52
Brennersgrün	15.90	1:17:33	4:52	29	20:25	41	20:25	148.40	11:16:47	4:33	9	1:35:05	10	1:35:05
Blankenstein	20.30	1:36:50	4:46	43	22:47	59	1:36:50	168.97	12:53:37	4:34	11	1:55:03	13	1:55:03