



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

## Detailed evaluation

Kenias letzte Reserve

Number: 145

Course: 168.97 km  
Hörschel-Blankenstein

Category:  
Männerstaffel

Total time: 14:50:30

Speed: 11.38 km/h  
Running performance: 5:16 min/km

Rank in course: 54 (of 191)  
Best time in course: 10:58:34

Rank in category: 43(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    | 1:29:05    | 6:21         | 112         | 32:51       | 162       | 32:51        | 14.00         | 1:29:05    | 6:21         | 112      | 32:51       | 162       | 32:51        |
| Grenzwiese/Kleir   | 19.60    | 1:45:21    | 5:22         | 61          | 29:23       | 84        | 29:23        | 33.60         | 3:14:26    | 5:47         | 87       | 1:01:49     | 122       | 1:01:49      |
| Neue Ausspanne     | 14.00    | 1:23:24    | 5:57         | 88          | 30:15       | 129       | 30:15        | 47.60         | 4:37:50    | 5:50         | 91       | 1:29:42     | 122       | 1:29:42      |
| Grenzdler (Ober    | 13.70    | 1:08:42    | 5:00         | 37          | 16:50       | 41        | 16:50        | 61.30         | 5:46:32    | 5:39         | 77       | 1:42:22     | 99        | 1:42:22      |
| Allzunah           | 19.90    | 1:30:31    | 4:32         | 31          | 22:27       | 44        | 22:27        | 81.20         | 7:17:03    | 5:22         | 60       | 2:01:56     | 78        | 2:01:56      |
| Masserberg (Ren    | 17.90    | 1:33:57    | 5:14         | 51          | 25:37       | 72        | 25:37        | 99.10         | 8:51:00    | 5:21         | 54       | 2:21:31     | 70        | 2:21:31      |
| Neuhaus (Rennst    | 19.90    | 1:50:58    | 5:34         | 75          | 34:00       | 103       | 34:00        | 119.00        | 10:41:58   | 5:23         | 51       | 2:50:59     | 69        | 2:50:59      |
| Wanderhütte an     | 13.50    | 1:10:22    | 5:12         | 42          | 19:01       | 55        | 19:01        | 132.50        | 11:52:20   | 5:22         | 49       | 3:08:58     | 61        | 3:08:58      |
| Brennersgrün       | 15.90    | 1:25:09    | 5:21         | 55          | 28:01       | 80        | 28:01        | 148.40        | 13:17:29   | 5:22         | 48       | 3:35:47     | 60        | 3:35:47      |
| Blankenstein       | 20.30    | 1:33:01    | 4:34         | 31          | 18:58       | 43        | 1:33:01      | 168.97        | 14:50:30   | 5:16         | 43       | 3:51:56     | 54        | 3:51:56      |