



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

## Detailed evaluation

21. Thüringer Zahnarztstaffel

Total time: 14:53:51

Number: 101

Speed: 11.34 km/h

Running performance: 5:17 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 55 (of 191)

Best time in course: 10:58:34

Category:

Rank in category: 44(of 122)

Männerstaffel

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	1:32:22	6:35	115	36:08	174	36:08	14.00	1:32:22	6:35	115	36:08	174	36:08
Grenzwiese/Kleir	19.60	1:32:19	4:42	18	16:21	29	16:21	33.60	3:04:41	5:29	62	52:04	83	52:04
Neue Ausspanne	14.00	1:17:02	5:30	70	23:53	94	23:53	47.60	4:21:43	5:29	66	1:13:35	84	1:13:35
Grenzdler (Ober	13.70	1:10:11	5:07	39	18:19	48	18:19	61.30	5:31:54	5:24	49	1:27:44	65	1:27:44
Allzunah	19.90	1:39:55	5:01	62	31:51	83	31:51	81.20	7:11:49	5:19	52	1:56:42	66	1:56:42
Masserberg (Ren	17.90	1:43:44	5:47	86	35:24	123	35:24	99.10	8:55:33	5:24	61	2:26:04	79	2:26:04
Neuhaus (Rennst	19.90	1:34:19	4:44	26	17:21	31	17:21	119.00	10:29:52	5:17	45	2:38:53	57	2:38:53
Wanderhütte an	13.50	1:17:14	5:43	75	25:53	94	25:53	132.50	11:47:06	5:20	46	3:03:44	56	3:03:44
Brennersgrün	15.90	1:21:05	5:05	42	23:57	56	23:57	148.40	13:08:11	5:18	44	3:26:29	54	3:26:29
Blankenstein	20.30	1:45:40	5:12	74	31:37	101	1:45:40	168.97	14:53:51	5:17	44	3:55:17	55	3:55:17