



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

## Detailed evaluation

Thinking of you Heiko

Number: 196

Course: 168.97 km  
Hörschel-Blankenstein

Category:  
Männerstaffel

Total time: 15:00:25

Speed: 11.26 km/h

Running performance: 5:19 min/km

Rank in course: 66 (of 191)

Best time in course: 10:58:34

Rank in category: 52(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	1:20:25	5:44	89	24:11	121	24:11	14.00	1:20:25	5:44	89	24:11	121	24:11
Grenzwiese/Kleir	19.60	2:00:36	6:09	105	44:38	156	44:38	33.60	3:21:01	5:58	101	1:08:24	145	1:08:24
Neue Ausspanne	14.00	1:16:35	5:28	69	23:26	93	23:26	47.60	4:37:36	5:49	90	1:29:28	121	1:29:28
Grenzadler (Ober	13.70	57:31	4:11	5	5:39	5	5:39	61.30	5:35:07	5:28	58	1:30:57	74	1:30:57
Allzunah	19.90	1:40:14	5:02	65	32:10	87	32:10	81.20	7:15:21	5:21	57	2:00:14	73	2:00:14
Masserberg (Ren	17.90	1:35:53	5:21	57	27:33	79	27:33	99.10	8:51:14	5:21	55	2:21:45	71	2:21:45
Neuhaus (Rennst	19.90	1:58:30	5:57	92	41:32	131	41:32	119.00	10:49:44	5:27	61	2:58:45	80	2:58:45
Wanderhütte an	13.50	1:11:39	5:18	49	20:18	63	20:18	132.50	12:01:23	5:26	53	3:18:01	69	3:18:01
Brennersgrün	15.90	1:22:16	5:10	48	25:08	65	25:08	148.40	13:23:39	5:24	54	3:41:57	68	3:41:57
Blankenstein	20.30	1:36:46	4:46	42	22:43	58	1:36:46	168.97	15:00:25	5:19	52	4:01:51	66	4:01:51