



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

Detailed evaluation

Besser Laufen

Club: Fit mit Schmidt
Number: 505

Course: 168.97 km
Hörschel-Blankenstein

Category:
Frauenstaffel

Total time: 16:43:58

Speed: 10.04 km/h
Running performance: 5:56 min/km

Rank in course: 153 (of 191)
Best time in course: 10:58:34

Rank in category: 7(of 15)
Best time in the category: 12:59:51

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	1:30:57	6:29	11	24:09	171	34:43	14.00	1:30:57	6:29	11	24:09	192	34:43
Grenzwiese/Kleir	19.60	2:09:01	6:34	11	38:10	175	53:03	33.60	3:39:58	6:32	10	55:01	191	1:27:21
Neue Ausspanne	14.00	1:15:14	5:22	5	10:31	87	22:05	47.60	4:55:12	6:12	9	1:05:32	191	1:47:04
Grenzadler (Ober	13.70	1:27:13	6:21	12	23:06	149	35:21	61.30	6:22:25	6:14	9	1:28:38	191	2:18:15
Allzunah	19.90	1:48:34	5:27	6	26:37	132	40:30	81.20	8:10:59	6:02	8	1:55:15	191	2:55:52
Masserberg (Ren	17.90	1:42:16	5:42	8	18:59	115	33:56	99.10	9:53:15	5:59	8	2:06:30	191	3:23:46
Neuhaus (Rennst	19.90	1:58:55	5:58	9	24:03	133	41:57	119.00	11:52:10	5:59	8	2:30:33	191	4:01:11
Wanderhütte an	13.50	1:24:04	6:13	12	23:38	141	32:43	132.50	13:16:14	6:00	8	2:53:26	191	4:32:52
Brennersgrün	15.90	1:33:56	5:54	11	24:50	133	36:48	148.40	14:50:10	5:59	8	3:15:46	156	5:08:28
Blankenstein	20.30	1:53:48	5:36	10	1:53:48	132	1:53:48	168.97	16:43:58	5:56	7	3:44:07	153	5:45:24