



## 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: 10.10 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      |