



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

## Detailed evaluation

Arnstadt läuft ...

Number: 106

Course: 168.97 km  
Hörschel-Blankenstein

Category:  
Männerstaffel

Total time: 15:11:23

Speed: 11.06 km/h

Running performance: 5:23 min/km

Rank in course: 75 (of 191)

Best time in course: 10:58:34

Rank in category: 59(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	1:22:37	5:54	99	26:23	136	26:23	14.00	1:22:37	5:54	99	26:23	136	26:23
Grenzwiese/Kleir	19.60	2:00:36	6:09	105	44:38	156	44:38	33.60	3:23:13	6:02	106	1:10:36	153	1:10:36
Neue Ausspanne	14.00	1:08:43	4:54	36	15:34	43	15:34	47.60	4:31:56	5:42	81	1:23:48	107	1:23:48
Grenzdler (Ober	13.70	1:04:46	4:43	19	12:54	21	12:54	61.30	5:36:42	5:29	60	1:32:32	77	1:32:32
Allzunah	19.90	1:34:07	4:43	42	26:03	59	26:03	81.20	7:10:49	5:18	50	1:55:42	64	1:55:42
Masserberg (Ren	17.90	1:39:17	5:32	75	30:57	103	30:57	99.10	8:50:06	5:20	53	2:20:37	69	2:20:37
Neuhaus (Rennst	19.90	1:40:22	5:02	36	23:24	48	23:24	119.00	10:30:28	5:17	46	2:39:29	58	2:39:29
Wanderhütte an	13.50	1:18:33	5:49	84	27:12	106	27:12	132.50	11:49:01	5:21	47	3:05:39	58	3:05:39
Brennersgrün	15.90	1:28:41	5:34	73	31:33	105	31:33	148.40	13:17:42	5:22	49	3:36:00	61	3:36:00
Blankenstein	20.30	1:53:41	5:36	89	39:38	131	1:53:41	168.97	15:11:23	5:23	59	4:12:49	75	4:12:49