



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

Detailed evaluation

Thüringer Allgemeine

Total time: 15:57:07

Number: 215

Speed: 10.53 km/h

Running performance: 5:39 min/km

Course: 168.97 km

Hörschel-Blankenstein

Rank in course: 110 (of 191)

Best time in course: 10:58:34

Category:

Rank in category: 84(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	1:18:26	5:36	74	22:12	98	22:12	14.00	1:18:26	5:36	74	22:12	98	22:12
Grenzwiese/Kleir	19.60	1:50:47	5:39	76	34:49	109	34:49	33.60	3:09:13	5:37	79	56:36	108	56:36
Neue Ausspanne	14.00	1:17:16	5:31	72	24:07	96	24:07	47.60	4:26:29	5:35	76	1:18:21	97	1:18:21
Grenzadler (Ober	13.70	1:21:58	5:58	83	30:06	120	30:06	61.30	5:48:27	5:41	79	1:44:17	103	1:44:17
Allzunah	19.90	2:07:40	6:24	115	59:36	178	59:36	81.20	7:56:07	5:51	101	2:41:00	142	2:41:00
Masserberg (Ren	17.90	1:46:09	5:55	93	37:49	141	37:49	99.10	9:42:16	5:52	102	3:12:47	145	3:12:47
Neuhaus (Rennst	19.90	1:58:10	5:56	91	41:12	129	41:12	119.00	11:40:26	5:53	103	3:49:27	146	3:49:27
Wanderhütte an	13.50	1:23:31	6:11	100	32:10	139	32:10	132.50	13:03:57	5:54	104	4:20:35	149	4:20:35
Brennersgrün	15.90	1:18:59	4:58	33	21:51	45	21:51	148.40	14:22:56	5:48	96	4:41:14	130	4:41:14
Blankenstein	20.30	1:34:11	4:38	34	20:08	47	1:34:11	168.97	15:57:07	5:39	84	4:58:33	110	4:58:33