



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

Detailed evaluation

X-Runners Mix 1

Club: X-Runners Jena e.V.
Number: 4

Course: 169.10 km
Hörschel-Blankenstein

Category:
Mixstaffel

Total time: 12:58:44

Speed: 13.02 km/h
Running performance: 4:36 min/km

Rank in course: 16 (of 184)
Best time in course: 10:44:49

Rank in category: 5(of 53)
Best time in the category: 11:42:16

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	1:03:35	4:32	6	5:47	16	8:53	14.00	1:03:35	4:32	6	5:47	185	8:53
Grenzwiese/Kleir	19.60	1:25:50	4:22	5	7:48	11	9:04	33.60	2:29:25	4:26	3	8:12	184	17:57
Neue Ausspanne	14.00	1:05:11	4:39	4	15:31	22	15:31	47.60	3:34:36	4:30	3	16:50	184	31:52
Grenzdler (Ober	13.60	1:11:24	5:15	7	14:56	48	21:42	61.20	4:46:00	4:40	4	31:46	184	49:43
Allzunah	20.00	1:49:05	5:27	36	37:07	128	37:07	81.20	6:35:05	4:51	5	1:02:13	184	1:23:35
Masserberg (Ren	17.80	1:17:15	4:20	2	1:28	10	7:06	99.00	7:52:20	4:46	5	53:42	184	1:30:41
Neuhaus (Rennst	20.10	1:27:50	4:22	7	11:58	22	12:58	119.10	9:20:10	4:42	5	1:05:40	184	1:43:39
Wanderhütte an	13.70	1:07:42	4:56	8	7:43	39	16:19	132.80	10:27:52	4:43	5	1:13:23	184	1:57:33
Brennersgrün	16.00	1:10:17	4:23	3	4:26	15	11:15	148.80	11:38:09	4:41	5	1:17:14	184	2:07:21
Blankenstein	20.30	1:20:35	3:58	5	29:19	10	29:19	169.10	12:58:44	4:36	5	1:16:28	16	2:13:55