



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

Rapunzel-Racer

Total time: 14:10:13

Number: 219

Speed: 12.07 km/h

Running performance: 4:58 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 84 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 68(of 139)

Männerstaffel

Best time in the category: 10:07:32

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
Grumbach	17.20	1:19:38	4:37	55	18:13	73	18:13	17.20	1:19:38	4:37	68	17:51	101	17:51
Schildwiese	20.10	1:26:48	4:19	39	22:33	53	22:33	37.30	2:46:26	4:27	68	37:10	101	37:10
Neuhaus/ Gewerl	15.50	1:32:40	5:58	110	32:17	152	32:17	52.80	4:19:06	4:54	68	1:08:17	101	1:08:17
Triniusstein	21.60	1:47:41	4:59	84	33:37	115	33:37	74.40	6:06:47	4:55	68	1:40:10	101	1:40:10
Allzunah	15.00	1:04:31	4:18	33	16:13	35	16:13	89.40	7:11:18	4:49	68	1:56:23	101	1:56:23
Grenzadler	19.80	1:38:42	4:59	73	29:27	106	29:27	109.20	8:50:00	4:51	68	2:20:30	101	2:20:30
Nesselberg	13.80	1:16:03	5:30	113	27:25	149	27:25	123.00	10:06:03	4:55	68	2:47:35	101	2:47:35
Kleiner Inselsber	13.90	1:14:53	5:23	88	23:41	114	23:41	136.90	11:20:56	4:58	68	3:11:16	101	3:11:16
Hohe Sonne	19.70	1:36:40	4:54	81	30:56	111	30:56	156.60	12:57:36	4:57	68	3:39:32	101	3:39:32
Hörschel	14.70	1:12:37	4:56	53	23:09	66	23:09	171.30	14:10:13	4:57	68	4:02:41	84	4:02:41