



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

Mühlhäuser Laufmäuse

Total time: 15:12:56

Number: 3

Speed: 11.24 km/h

Running performance: 5:20 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 147 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 5(of 12)

Frauenstaffel

Best time in the category: 13:40:55

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	1:14:36	4:20	1	-	40	13:11	17.20	1:14:36	4:20	5		218	12:49
Schildwiese	20.10	1:29:07	4:26	1	-	65	24:52	37.30	2:43:43	4:23	5		218	34:27
Neuhaus/ Gewerl	15.50	1:34:15	6:04	6	13:52	161	33:52	52.80	4:17:58	4:53	5		218	1:07:09
Triniusstein	21.60	1:55:55	5:21	4	24:09	157	41:51	74.40	6:13:53	5:01	5	16:27	218	1:47:16
Allzunah	15.00	1:18:07	5:12	5	11:23	158	29:49	89.40	7:32:00	5:03	5	27:50	218	2:17:05
Grenzadler	19.80	1:58:25	5:58	9	24:32	196	49:10	109.20	9:30:25	5:13	5	45:00	218	3:00:55
Nesselberg	13.80	1:25:40	6:12	10	21:15	197	37:02	123.00	10:56:05	5:20	5	1:05:04	171	3:37:37
Kleiner Inselsber	13.90	1:16:11	5:28	4	8:05	128	24:59	136.90	12:12:16	5:20	5	1:13:09	218	4:02:36
Hohe Sonne	19.70	1:40:30	5:06	6	14:14	136	34:46	156.60	13:52:46	5:19	5	1:19:08	218	4:34:42
Hörschel	14.70	1:20:10	5:27	5	12:53	120	30:42	171.30	15:12:56	5:19	5	1:32:01	147	5:05:24