



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

LAUF MIT-BLEIB FIT Team2

Total time: 15:13:35

Number: 75

Speed: 11.23 km/h

Running performance: 5:20 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 150 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 31(of 66)

Mixstaffel

Best time in the category: 11:43:48

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	1:23:49	4:52	33	16:17	120	22:24	17.20	1:23:49	4:52	64		158	22:02
Schildwiese	20.10	1:30:40	4:30	22	17:33	75	26:25	37.30	2:54:29	4:40	64	8:38	218	45:13
Neuhaus/ Gewerl	15.50	1:31:29	5:54	36	26:48	145	31:06	52.80	4:25:58	5:02	64	3:55	218	1:15:09
Triniusstein	21.60	1:55:00	5:19	41	36:23	151	40:56	74.40	6:20:58	5:07	64		218	1:54:21
Allzunah	15.00	1:12:40	4:50	24	14:14	103	24:22	89.40	7:33:38	5:04	64		218	2:18:43
Grenzadler	19.80	1:24:07	4:14	7	10:04	19	14:52	109.20	8:57:45	4:55	64		218	2:28:15
Nesselberg	13.80	1:27:07	6:18	55	26:59	202	38:29	123.00	10:24:52	5:04	64		218	3:06:24
Kleiner Inselsber	13.90	1:24:00	6:02	50	28:09	184	32:48	136.90	11:48:52	5:10	64		218	3:39:12
Hohe Sonne	19.70	1:43:30	5:15	44	30:53	157	37:46	156.60	13:32:22	5:11	64		218	4:14:18
Hörschel	14.70	1:41:13	6:53	61	38:19	208	51:45	171.30	15:13:35	5:19	31	3:29:47	150	5:06:03