



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Fit & Run Wilde 50iger

Total time: 14:14:29

Number: 203

Speed: 12.01 km/h

Running performance: 4:59 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 90 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 71(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	1:11:51	4:10	21	10:26	25	10:26	17.20	1:11:51	4:10	71	10:04	107	10:04
Schildwiese	20.10	1:25:14	4:14	33	20:59	45	20:59	37.30	2:37:05	4:12	71	27:49	107	27:49
Neuhaus/ Gewerl	15.50	1:11:38	4:37	21	11:15	24	11:15	52.80	3:48:43	4:19	71	37:54	107	37:54
Triniusstein	21.60	1:57:47	5:27	114	43:43	165	43:43	74.40	5:46:30	4:39	71	1:19:53	107	1:19:53
Allzunah	15.00	1:15:32	5:02	101	27:14	133	27:14	89.40	7:02:02	4:43	71	1:47:07	107	1:47:07
Grenzadler	19.80	1:42:39	5:11	97	33:24	141	33:24	109.20	8:44:41	4:48	71	2:15:11	107	2:15:11
Nesselberg	13.80	1:06:05	4:47	51	17:27	56	17:27	123.00	9:50:46	4:48	71	2:32:18	107	2:32:18
Kleiner Inselsber	13.90	1:04:00	4:36	30	12:48	32	12:48	136.90	10:54:46	4:46	71	2:45:06	107	2:45:06
Hohe Sonne	19.70	1:49:45	5:34	120	44:01	180	44:01	156.60	12:44:31	4:52	71	3:26:27	107	3:26:27
Hörschel	14.70	1:29:58	6:07	124	40:30	177	40:30	171.30	14:14:29	4:59	71	4:06:57	90	4:06:57