



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Sportfreunde Thüringer Wald

Total time: 15:20:44

Number: 38

Speed: 11.14 km/h

Running performance: 5:22 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 155 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 35(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	1:37:20	5:39	59	29:48	193	35:55	17.20	1:37:20	5:39	17	13:00	218	35:33
Schildwiese	20.10	2:01:13	6:01	59	48:06	208	56:58	37.30	3:38:33	5:51	17	52:42	218	1:29:17
Neuhaus/ Gewerl	15.50	1:10:43	4:33	3	6:02	22	10:20	52.80	4:49:16	5:28	17	27:13	218	1:38:27
Triniusstein	21.60	1:41:57	4:43	22	23:20	78	27:53	74.40	6:31:13	5:15	17	1:36	218	2:04:36
Allzunah	15.00	1:27:13	5:48	58	28:47	199	38:55	89.40	7:58:26	5:21	17	2:48	218	2:43:31
Grenzadler	19.80	1:37:32	4:55	30	23:29	92	28:17	109.20	9:35:58	5:16	17		218	3:06:28
Nesselberg	13.80	1:19:29	5:45	40	19:21	168	30:51	123.00	10:55:27	5:19	17		218	3:36:59
Kleiner Inselsber	13.90	1:28:28	6:21	54	32:37	197	37:16	136.90	12:23:55	5:26	17		218	4:14:15
Hohe Sonne	19.70	1:25:48	4:21	12	13:11	36	20:04	156.60	13:49:43	5:17	17		218	4:31:39
Hörschel	14.70	1:31:01	6:11	47	28:07	182	41:33	171.30	15:20:44	5:22	35	3:36:56	155	5:13:12