



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

m & i Fachklinik Bad Liebenstein

Total time: 15:24:30

Number: 22

Speed: 11.10 km/h

Running performance: 5:24 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 156 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 36(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	1:17:35	4:30	13	10:03	56	16:10	17.20	1:17:35	4:30	16		218	15:48
Schildwiese	20.10	1:36:58	4:49	36	23:51	126	32:43	37.30	2:54:33	4:40	16	8:42	218	45:17
Neuhaus/ Gewerl	15.50	1:28:07	5:41	30	23:26	123	27:44	52.80	4:22:40	4:58	16	0:37	218	1:11:51
Triniusstein	21.60	1:37:45	4:31	13	19:08	52	23:41	74.40	6:00:25	4:50	16		218	1:33:48
Allzunah	15.00	1:13:36	4:54	26	15:10	112	25:18	89.40	7:14:01	4:51	16		218	1:59:06
Grenzadler	19.80	1:58:41	5:59	54	44:38	197	49:26	109.20	9:12:42	5:03	16		218	2:43:12
Nesselberg	13.80	1:22:08	5:57	45	22:00	176	33:30	123.00	10:34:50	5:09	16		218	3:16:22
Kleiner Inselsber	13.90	1:18:01	5:36	32	22:10	143	26:49	136.90	11:52:51	5:12	16		218	3:43:11
Hohe Sonne	19.70	2:04:59	6:20	63	52:22	210	59:15	156.60	13:57:50	5:21	16		218	4:39:46
Hörschel	14.70	1:26:40	5:53	37	23:46	162	37:12	171.30	15:24:30	5:23	36	3:40:42	156	5:16:58