



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

Rennsteigoldies II

Number: 46

Course: 171.30 km
Blankenstein-Hörschel

Category:
Mixstaffel

Total time: 15:27:56

Speed: 11.06 km/h

Running performance: 5:25 min/km

Rank in course: 160 (of 217)

Best time in course: 10:07:32

Rank in category: 37(of 66)

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	1:20:02	4:39	18	12:30	78	18:37	17.20	1:20:02	4:39	15		218	18:15
Schildwiese	20.10	1:37:08	4:49	38	24:01	129	32:53	37.30	2:57:10	4:44	15	11:19	218	47:54
Neuhaus/ Gewerl	15.50	1:15:41	4:52	6	11:00	41	15:18	52.80	4:12:51	4:47	15		218	1:02:02
Triniusstein	21.60	2:25:17	6:43	65	1:06:40	212	1:11:13	74.40	6:38:08	5:21	15	8:31	218	2:11:31
Allzunah	15.00	1:05:20	4:21	4	6:54	41	17:02	89.40	7:43:28	5:11	15		218	2:28:33
Grenzadler	19.80	2:04:11	6:16	58	50:08	206	54:56	109.20	9:47:39	5:22	15		218	3:18:09
Nesselberg	13.80	1:13:42	5:20	21	13:34	126	25:04	123.00	11:01:21	5:22	15		218	3:42:53
Kleiner Inselsber	13.90	1:12:37	5:13	16	16:46	96	21:25	136.90	12:13:58	5:21	15		218	4:04:18
Hohe Sonne	19.70	1:53:12	5:44	55	40:35	189	47:28	156.60	14:07:10	5:24	15		218	4:49:06
Hörschel	14.70	1:20:46	5:29	21	17:52	125	31:18	171.30	15:27:56	5:25	37	3:44:08	160	5:20:24