



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

## Detailed evaluation

**RUNNING STONES COBURG**

Total time: 15:28:12

Number: 84

Speed: 11.05 km/h

Running performance: 5:25 min/km

Course: 171.30 km

Blankenstein-Hörschel

Rank in course: 161 (of 217)

Best time in course: 10:07:32

Category:

Rank in category: 38(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	1:32:30	5:22	50	24:58	178	31:05	17.20	1:32:30	5:22	14	8:10	218	30:43
Schildwiese	20.10	1:35:45	4:45	33	22:38	113	31:30	37.30	3:08:15	5:02	14	22:24	168	58:59
Neuhaus/ Gewerl	15.50	1:34:23	6:05	42	29:42	162	34:00	52.80	4:42:38	5:21	14	20:35	218	1:31:49
Triniusstein	21.60	1:49:29	5:04	33	30:52	126	35:25	74.40	6:32:07	5:16	14	2:30	218	2:05:30
Allzunah	15.00	1:19:03	5:16	39	20:37	164	30:45	89.40	7:51:10	5:16	14		218	2:36:15
Grenzadler	19.80	1:37:41	4:56	31	23:38	96	28:26	109.20	9:28:51	5:12	14		218	2:59:21
Nesselberg	13.80	1:09:04	5:00	7	8:56	77	20:26	123.00	10:37:55	5:11	14		218	3:19:27
Kleiner Inselsber	13.90	1:30:07	6:28	56	34:16	199	38:55	136.90	12:08:02	5:19	14		218	3:58:22
Hohe Sonne	19.70	1:34:52	4:48	24	22:15	100	29:08	156.60	13:42:54	5:15	14		218	4:24:50
Hörschel	14.70	1:45:18	7:09	65	42:24	214	55:50	171.30	15:28:12	5:25	38	3:44:24	161	5:20:40