



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

Detailed evaluation

LSV Unstrut-Hainich e.V

Number: 125

Course: 171.30 km
Blankenstein-Hörschel

Category:
Männerstaffel

Total time: 14:31:53

Speed: 11.77 km/h

Running performance: 5:05 min/km

Rank in course: 108 (of 217)

Best time in course: 10:07:32

Rank in category: 84(of 139)

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	1:25:33	4:58	101	24:08	137	24:08	17.20	1:25:33	4:58	84	23:46	127	23:46
Schildwiese	20.10	1:54:41	5:42	133	50:26	198	50:26	37.30	3:20:14	5:22	84	1:10:58	127	1:10:58
Neuhaus/ Gewerl	15.50	1:31:14	5:53	106	30:51	144	30:51	52.80	4:51:28	5:31	84	1:40:39	127	1:40:39
Triniusstein	21.60	1:49:59	5:05	95	35:55	129	35:55	74.40	6:41:27	5:23	84	2:14:50	127	2:14:50
Allzunah	15.00	1:10:19	4:41	69	22:01	83	22:01	89.40	7:51:46	5:16	84	2:36:51	127	2:36:51
Grenzadler	19.80	1:44:37	5:17	104	35:22	149	35:22	109.20	9:36:23	5:16	84	3:06:53	127	3:06:53
Nesselberg	13.80	1:01:54	4:29	21	13:16	22	13:16	123.00	10:38:17	5:11	84	3:19:49	127	3:19:49
Kleiner Inselsber	13.90	1:05:17	4:41	39	14:05	41	14:05	136.90	11:43:34	5:08	84	3:33:54	127	3:33:54
Hohe Sonne	19.70	1:38:43	5:00	88	32:59	123	32:59	156.60	13:22:17	5:07	84	4:04:13	127	4:04:13
Hörschel	14.70	1:09:36	4:44	38	20:08	46	20:08	171.30	14:31:53	5:05	84	4:24:21	108	4:24:21